



COOKERY  
FOR  
INVALIDS  
AND THE  
CONVALESCENT



*The University Library  
Leeds*



**LEEDS UNIVERSITY LIBRARY**

Classmark:

COOKERY

A SEN



3 0106 01105 9812



PRESENTED BY  
The Universal  
Cookery and Food Association.

2d

COOKERY.

K. D.

# COOKERY

FOR

## INVALIDS

AND THE

## CONVALESCENT

FIFTH EDITION

*(Revised and Enlarged)*

COMPILED BY

C. HERMAN SENN, G.C.A.

*Examiner in Sickroom Cookery to the London  
Hospital, Guy's Hospital, etc.*

AUTHOR OF

*The New Century Cookery Book ; The Practical Cookery Manual  
Recherché Side Dishes ; The Culinary Encyclopædia ; Ices,  
and How to Make Them ; How to Cook Eggs and  
Omelets ; Practical Gastronomy ; French  
Menus ; Breakfast and Luncheon  
Dishes ; Recherché Luncheon  
and Dinner Sweets,  
etc., etc.*

THE FOOD & COOKERY PUBLISHING AGENCY  
LONDON, S.W.

MCMIX

# COCOA

"There is a  
lightness and  
delicious  
NATURAL  
flavour about  
VAN HOUTEN'S  
that appeals  
to one."

VAN HOUTEN'S  
COCOA—BEST  
AND GOES  
FARTHEST.



# CONTENTS

---

	PAGE
Preface           ...       ...       ...       ...	5
Diet in Sickness   ...       ...       ...       ...	7
Nutriment in Food ...       ...       ...       ...	10
Patent Foods, etc. ...       ...       ...       ...	11
Beef Teas, Broths and Soups   ...       ...       ...	14
Fish Dishes ...       ...       ...       ...	21
Poultry and Meat Dishes ...       ...       ...	29
Vegetables   ...       ...       ...       ...	41
Egg Dishes, etc.   ...       ...       ...       ...	46
Sweet Puddings, etc.       ...       ...       ...	52
Cakes, etc.   ...       ...       ...       ...	68
Drinks for Invalids       ...       ...       ...	71
Sundry Preparations       ...       ...       ...	84
Peptonized Foods   ...       ...       ...       ...	86
Diet for Corpulency       ...       ...       ...	89
Diet and Diabetes ...       ...       ...       ...	90
Diet for the Gouty ...       ...       ...       ...	104
Light Diet   ...       ...       ...       ...	106
Diet for Consumptives       ...       ...       ...	107
Diet for Eczema   ...       ...       ...       ...	112
Diet in Old Age   ...       ...       ...       ...	113
General Index       ...       ...       ...       ...	115

UNIVERSITY  
 LIBRARY  
 LEEDS.

## The Milk Diet.

---

When a milk diet is ordered it sometimes happens that the patient has great difficulty in digesting the milk owing to its curdling in the stomach. Here

## Brown & Polson's

"Patent"

## Corn Flour

comes to the rescue. A little of this Corn Flour boiled with the milk (a teaspoonful to a breakfast cupful) will prevent the curd from forming and thus render the milk digestible to even a very delicate stomach. This valuable property of Corn Flour should be borne in mind by all interested in children's and invalids' diet. For such purposes only the best Corn Flour should be used and that is Brown & Polson's "Patent."



## PREFACE

---

OF late years the importance of acquiring a thoroughly practical and theoretical knowledge of the art of Cookery for Invalids has been generally recognised. The beneficial results achieved in this direction have already become apparent to those who have contributed towards the advancement of so good a cause.

Cookery in all its branches requires both careful study and constant practice, but no branch of this art needs greater care than that in which the diet of the sick and convalescent is included, for in many cases where medicines would not be prescribed, the judicious administration of nourishing and easily digested food has proved successful. In a long and serious illness, in which the digestive organs may be directly affected, and in general debility, a dietary method of treatment is necessarily adopted, and the chief consideration is to prescribe that form of diet which will best strengthen the digestive powers.

But, in acknowledging the efficacy of this dietary treatment, the importance of carrying out all instructions with regard to the mode of preparation must not be overlooked. In the first place medical directions must be faithfully obeyed, and punctuality in the administration of the necessary quantity of food to the patient must never be disregarded.

The manner in which this food is prepared is by no means a matter of secondary importance,

as the senses of an invalid are often far more susceptible than when in health, and will often refuse an ill-cooked or unpalatable-looking dish when a daintily-prepared meal would have been welcome and acceptable, simply because it is pleasing to the eye. The instincts of a patient are frequently promptings of Nature, and should be carefully regarded, as it is often not only judicious but essential to his or her progress towards convalescence to gratify the cravings in this direction, always bearing in mind that the nourishment provided is both suitable and nutritive and that it must be also tempting in appearance.

It therefore remains for not only the professional but the amateur nurse to qualify herself for practical duties with regard to Sick-room Cookery. The thorough knowledge of this useful, and indeed necessary, branch of a nurse's education cannot fail to be of incalculable benefit, not only to herself, but to mankind in general. Careful attention and consideration given to these details will ultimately bring their reward.

C. HERMAN SENN.

**Her Majesty Queen Alexandra has honoured the author by accepting a copy of this work.**

## DIET IN SICKNESS.

One of the most important branches of cookery is that connected with the preparation of food for the sick. It is a branch of the culinary art which deserves the closest attention.

Sickness, more or less serious, at one time or another comes practically to us all ; it is, therefore, well to be prepared for the evil when it does make its appearance. No doubt there are many other things with which we should be acquainted in a house where sickness prevails, but cookery cannot afford to be neglected in sickness and convalescence. In many cases the recovery of invalids is as much dependent upon their food as upon their medicine ; in some the food plays the paramount part.

When the crisis of an illness is past, diet increases in importance, for it is upon the food taken and digested that the restoring of strength depends. It must be so prepared as to exert the digestive powers as little as possible. The bill of fare ought to be set out by the doctor, and his instructions must be carefully followed. Often the nurse will undertake to prepare the nourishment she has to administer. Recognising the wisdom of this, several of the leading Hospitals have introduced cookery as part of a nurse's qualification. This is notably the case with the London Hospital, which is acknowledged to turn out the

best trained nurses in this country. Every nurse employed at this excellent institution is bound to pass an examination in the practice and theory of sick-room cookery. In this the London Hospital has set a splendid example, which has been followed by Guy's, Charing Cross, Westminster and several other Hospitals in the metropolis—this should be the case with every similar institution in the Kingdom. My connection with the London Hospital for over eleven years as examiner in sick-room cookery, and with Guy's and Charing Cross Hospitals where I have acted in a similar capacity, has greatly extended my knowledge. Being brought frequently in touch with doctors and patients, and face to face with the practical difficulties met with by nurses, has necessarily widened my experience, and enabled me to attain a better grasp of the needs of both patients and sick-room cooks.

The following rules, the result of these long years of study and observation, should be found useful:—

In feeding a patient do it gently and neatly.

See that every dish is daintily dressed and served in small quantities.

Avoid having anything in the way of food kept within sight of the patient after he or she has been fed.

Endeavour to have everything arranged to please the eye as well as the palate.

Give as much variety as is possible; even if the same materials be used, a dish may be prepared in a different way.

On giving hot liquids or solids see that they are *hot* when actually presented

to the patient, not merely when they leave the kitchen.

Study the wants and if possible gratify the wishes of the patient. The instinct of invalids often leads them rightly, though it may seem the opposite to what we would choose for them.

In severe cases of illness nourishment is given often and in small quantities. During convalescence the food is served at longer but at regular intervals.

It is a good plan to have a small book in which the kind of food and the quantity to be given to a patient is entered; also the quantity of medicine, etc., etc. This will be helpful to the doctor, who may like to know the exact quantity of nourishment the patient has taken, how much sleep he or she has had, as well as other particulars concerning a patient's condition, which may be noted in the same book. This is a much safer and a much more simple plan than trusting to one's memory.

Without the advice of the doctor no wines, spirits, or liqueurs of any kind should be given to patients. Stimulants are in many cases positively harmful. Too much precaution cannot be taken in this direction. Wine is sometimes given in small quantities, and may at times be introduced in jellies, etc., when it forms a light and refreshing food. In such cases it often tempts the appetite and stimulates the nervous system, when other and more solid food would fail.

Lastly, bear in mind that in providing for the sick and convalescent, everything used in the preparation and serving of food must be scrupulously clean, and the

materials used must be of the best quality. The point to consider is not what the robust in health can take and enjoy, but what the patient can take with comfort, if not with pleasure. Anticipate their wants, but let the food as far as practicable be a surprise to them.

When it is realized that those who have been carefully fed and properly nourished make the best recovery, the importance of knowing what to select, how to cook and how to serve food intended for sick persons will be estimated at its just value.

## NUTRIMENT IN FOOD.

The nutritive value of our daily food is known by few. Serious mistakes are at times made in the diet for the sick and convalescent by not including food which contains the nutritive qualities necessary for them. It therefore becomes a matter of importance to know something of the food value of the materials used in preparing dishes, above all for invalids. A few hints as to the nourishing properties of meat will not be out of place here. Milk, eggs, etc., are fully treated elsewhere in this book.

Mutton is about equal in nutritive value to beef. Lamb is also about the same. Smoked ham is one of the most wholesome forms of meat. Ham is more digestible when boiled and served sliced thin and cold. Veal is less nutritive, and possesses more waste and less fat than beef. On the Continent veal is considered as excellent as beef, and is frequently prescribed for invalids; but in England and America it is

thought harmful for persons with weak digestion. Beef is the most nutritious of all animal foods, and can be eaten longer continuously than any other kind of meat, resembling rice and bread in this respect. Fresh beef is almost completely digested—more completely than milk is—by an adult.

## ON PATENT FOODS.

There are a great number of prepared foods—proprietary articles—on the market, many of which are very useful in certain cases. Every physician invokes their aid occasionally, and some medical men obtain their best results by the judicious prescribing of food specialities for the group of diseases which they make their particular study. As a rule, they are more or less pre-digested, and therefore are easily assimilated. Frequently patients develop a fondness for one or other of these prepared foods, and when this is the case, and the patient's wishes can be consulted, the desire should be accepted as an indication to the cook, for the chief aim is to coax or to regulate an irregular appetite. It is generally necessary to curb undue craving for food, and yet keep up the patient's strength.

Broadly speaking, there are two classes of patent foods: (1) Stimulating—such as the meat extracts; (2) Nutritive, containing an abundance of proteids—such as the preparations rich in albumen, vegetable or animal. Artificial digestives—such as pepsins—or tonics—such as iron or quinine—may be added. From these classes of foods, starches are usually absent,



or reduced to their lowest expression. This is necessary when the preparations are intended for the gouty or diabetic. In another class, however, we have almost pure starch, easily digested farinaceous foods, which may be enriched with proteids in one form or another. In many of these foods fat is almost entirely absent; this may be of benefit when heating of the system is to be avoided, and the stomach is weak. But often fat must be added to make the food of value. Unless special conditions demand the reduction of certain classes of elements, the best prepared foods are those combining a normal ration of proteids. As a rule, such foods ought to be dealt with carefully, and not be overcooked.

When cooking patent foods for invalids, follow the manufacturer's instructions implicitly, because many of these, especially those containing ferments and albumenoids, require most careful treatment. Only experiment with the foods when there is plenty of time to spare, so that a thorough test may be made, and any failure set aside.

## ON SEASONING.

The cardinal rule in sick-room cookery is that the diet should be plain, simple, and nutritious; the seasoning must, therefore, be simple too. Spices, pungent condiments, etc., should be avoided—and only enough salt, and pepper, where the latter is allowed, must be used sparingly. Cloves, pepper-corns, bay-leaf, mace, etc., are to be used with care and discretion, and in the smallest possible quantities.



## SOUPS AND BROTHS.

Beef tea, beef juices and other meat juices made by the quick process will afford nourishment; they save the digestive organs doing extra work, and are therefore frequently recommended for patients.

Broths and soups made from beef, veal, mutton or chicken are also good, but should only be given by the doctor's instructions. These, as well as consommés and other clear soups, are fairly nutritious; the latter are mildly stimulating in fevers, but must not contain any kind of garnish. Soups or broths should not be given in large quantities, nor too frequently, else a person will soon get tired of them.

## MILK.

Milk, *i.e.*, *cow's milk*, containing the proper proportions of fat, albumen, and hydrated carbon compounds, fulfils all the demands of nature for food, it is therefore regarded as an ideal food. Being in a liquid state, it is readily absorbed and assimilated, and is suitable as a diet for a great variety of cases, where other foods, solid or liquid, would not do.

Milk is the best diet for fevers if it does not coagulate in the stomach and form a solid lump, or if there is no difficulty in a patient being able to digest it.

Milk, especially uncooked milk, should not be taken off at a draught, but should be sipped. This precaution prevents undue coagulation in large lumps.

## Beef Tea, Broths and Soups.

### NOTES ON BEEF TEA.

There are several kinds of beef tea, and various ways of preparing it; the following is perhaps the most popular:—

Mince or shred finely half a pound of lean beef, free from skin, fat, and gristle, put it in an earthenware jar with half-pint cold water, add a small pinch of salt and let it stand for about half an hour. Place the jar in a stew-pan with boiling water about three-parts up the jar, cover the jar with a buttered paper, and allow the water to simmer for about two hours, or place it in a fairly-heated oven for three hours. Remove all the particles of fat that may rise to the surface, then strain the contents of the jar, and serve the beef tea. A small quantity of *good* meat extract added to the above will give the beef tea a better flavour and will make it more nourishing.

The following are the three methods of making beef tea as practised at the London Hospital and taught to the nurses training therein:—

### BEEF TEA.

INGREDIENTS.—1 *pint water (cold)*, 1 *lb. lean beef*,  $\frac{1}{4}$  *teaspoonful salt*.

METHOD.—(1) *Quick*. Remove all fat and skin from the meat, then shred the meat finely, put it in a saucepan with the water and salt, and let it soak for 15 minutes, put the saucepan over a very moderate heat, and stir with a fork for half-an-hour; strain through a fine strainer add more salt if necessary, and serve hot.

(2) *Slow.* Remove all fat and skin, and shred the meat, put it in a jar with the water and salt, stand the jar in a saucepan of simmering water, or in a very moderate oven for two or three hours. Strain; remove any fat with kitchen paper, and serve.

(3) *Raw.* **INGREDIENTS.**—1 oz. *finely shredded beef*, 1 *tablespoonful water*.

**METHOD.**—Put the meat and water into a jar, and stand the jar in a warm place for one hour; strain, and serve in a coloured glass.

(1) Salt is added to beef tea to loosen the fibres, and so help the juices of the meat to leak out into the water.

(2) The meat is finely shred so that the juices may the more easily leak out.

(3) Cold water must be added to the meat; if hot were added it would coagulate the albuminous parts of the meat and prevent the juices getting into the water.

(4) Beef tea must never boil; if it approaches boiling point it is spoilt, because albumen coagulates at 150° Fah.

(5) All fat and skin must be removed from the meat before it is shred, and any fat on the tea must be removed with kitchen paper.

(6) Good juicy meat must be used either buttock or top side or steak.

### ICED BEEF TEA.

Either slow or quick beef tea can be iced or frozen. Allow the beef tea to get cold and put it in a pewter pot or deep basin. Place this in a pail surrounded with crushed ice and salt, and let it stand for about 20

minutes. At the end of that time stir up the beef tea and beat up for several minutes; allow it to stand for another 10 minutes; and repeat this operation two or three times until it appears to be frozen and is quite smooth.

NOTE.—This is specially recommended for patients who are not allowed to take warm food of any kind.

### MUTTON BROTH.

INGREDIENTS.—1 lb. *scrag-end of mutton*, 1 qt. of water, 1 dessert-spoonful of *pearl barley or sago*, 1 clove, 6 *peppercorns*, 1 teaspoonful of *chopped parsley*, salt to taste.

METHOD.—Cut the mutton into small joints. Trim off the fat, put the meat into a saucepan with the water; add the salt, and bring slowly to the boil. Skim well. Add the rest of ingredients. Simmer gently for about three hours, skim well, then add the parsley.

NOTE.—If vegetable flavouring is allowed, add a small onion, half a small carrot and turnip, cut all up small and cook in the broth.

Blanch barley before using, and chop finely about 1 table-spoonful of the cooked meat to be added to the broth before serving.

### BROTH À LA MINUTE.

INGREDIENTS.—*Half a chicken*, half a pound lean beef, free from skin and fat,  $\frac{1}{2}$  carrot,  $\frac{1}{2}$  onion, 1 leek or celery, and clove, pepper and salt to taste.

METHOD.—Bone the chicken, cut it up with the beef rather small and pound it in a mortar or pass through a mincing

machine till quite fine. Chop the carcase into pieces and put in a stew-pan with the minced or pounded meats. Add about a pint of cold water and half a teaspoonful of salt, bring slowly to the boil, skim well, and add the vegetables previously prepared and washed. Stick the clove into the onion, and allow the whole to simmer for about half an hour, season to taste, strain and serve as required.

### YEAL BROTH WITH BARLEY OR SAGO.

INGREDIENTS.—*A pound of lean veal (leg or knuckle), half a gill of milk, an ounce of barley or sago, 1 yolk of egg, seasoning.*

METHOD.—Put the barley or sago into a basin, pour over some tepid water and let soak for a few minutes; meantime free the veal from skin and cut up into small pieces, put it in a stew-pan or earthenware pot with a quart of cold water and a pinch of salt. Let it come slowly to the boil, skim, and simmer gently from 2 to 3 hours. Add the soaked barley or sago half an hour before taking up the broth, strain, put back into a clean saucepan, mix the milk and yolk of egg, and stir into the broth, heat long enough to bind, and serve.

### CHICKEN CUP WITH EGG.

INGREDIENTS.—*Half-pint chicken broth, 2 yolks of eggs, 1 tablespoonful sherry.*

METHOD.—Beat up the yolks of eggs in a basin and pour over the chicken broth, boiling. Return it to the stew-pan and re-heat whilst whisking, but do not allow it to boil. Add the sherry at the last,

season lightly, and serve in a hot cup, with a slice of toasted bread.

## MUTTON JUICE.

Cut a thick slice of leg of mutton cross-ways, beat it well, remove the fat and boil in the same manner as described for beef juice.

NOTE.—The gravy from under-done beef or mutton often found on the carving dish may with advantage be used for a patient instead of boiling meat on purpose to get the meat juice. In every case special care must be taken to remove every particle of fat, as on no account must fat be allowed to get mixed with it.

## ESSENCE OF MUTTON.

(FOR CONVALESCENTS.)

Shred finely 1 lb. of lean mutton, and place in a jar with  $\frac{1}{2}$  gill of water. Cover and place the jar in a saucepan of boiling water. Simmer gently for two hours, then strain and press all the liquid from the meat, and add a little salt. A very small quantity of this is given at a time, as it is strong and savoury.

## CHICKEN BROTH.

INGREDIENTS.—1 *small chicken (the inferior parts, not the breast portion)*, 1 quart of water, 6 *peppercorns*, 2 *cloves*, 1 *onion*, *dessert-spoonful chopped meat*, *teaspoonful parsley*, 1 oz. *blanched barley*, *pepper and salt to taste*.

METHOD.—Cut the chicken into small pieces; put it into a saucepan with the cold water; simmer gently for about three

hours; season and strain. If liked, an ounce of barley or tapioca may be cooked with it. A small chopped onion would also make it more savoury. Giblets may be used for this broth instead of a whole chicken.

NOTE.—The remainder of chicken, wings and breast may be made up as mince, fricassee, roasted as croquettes, or may be braised.

### CHICKEN BROTH (another way).

INGREDIENTS.—*Half a fowl or old hen,  $\frac{1}{2}$  lb. lean veal, 1 onion (small), 1 carrot (small), parsley, seasoning.*

METHOD.—Wash the fowl, cut up into small joints, half each joint, and put in a stew-pan with the veal cut up small; pour over sufficient cold water to well cover the meat, boil up slowly, skim, and add the vegetables, previously prepared, washed, and cut into small dice; simmer gently for 2 to 3 hours. If an old hen is used, it will probably require longer cooking. Put the liquor and some of the vegetables in a soup basin, add some of the fowl meat cut up into small pieces, and free from skin or bones, season to taste and serve. Or season the broth and strain it into a basin, to be served without meat or vegetables.

### FAYOURITE BROTH.

INGREDIENTS.— *$\frac{1}{2}$  pint of beef tea, 1 dessert-spoonful of crushed tapioca or sago, 2 yolks of egg.*

METHOD.—Boil the tapioca in a little water till clear. Strain it and put it into the beef tea. Add the yolks and cook slightly. Season and serve.



## BEEF ESSENCE.

Mince finely one pound of lean juicy beef, from which all fat has been removed; put in a wide-mouthed bottle or fruit jar; cork tightly, put the jar in a stew-pan containing cold water over a slow fire, and let it boil for three hours; strain, season with very little salt and pepper.

## BEEF JUICE.

Place half-a-pound of lean, juicy beef-steak on a griller over a clear hot fire; heat it through without actually browning; cut it into strips; press out the juice with a lemon squeezer into a hot cup, add a little salt, and serve with toast or crackers.

NOTE.—The meat left over can be used for stock, as mince, or for potting.

## BEEF TEA WITH OATMEAL.

Mix a table-spoonful of well-cooked oatmeal with two of boiling water; add a cupful of strong beef tea, and bring to the boiling point. Rice may be used instead of oatmeal. Add salt and pepper to taste, and serve with either bread or cracker.

## BEEF TEA JELLY.

Soak half-an-ounce of gelatine in half-a-gill of water, heat up nearly a pint of strong beef tea, or mix a small 1 oz. pot of *Lemco* with  $\frac{3}{4}$  of a pint of hot water. Drain the soaked gelatine, melt it in a small stew-pan, and add it to the beef tea when quite dissolved. Strain into a wetted mould and stand in a cool place till firm. Unmould and serve as required.



## OYSTER BROTH.

Cut into small pieces a pint of oysters; place in one and one-half pints of cold water; let them simmer gently for ten minutes over the fire; skim, strain, season, and serve with toast.

## RICE SOUP.

Take one half-pint of chicken stock, two table-spoonfuls of rice. Simmer slowly for two hours; strain, add one pint of boiling cream, salt to taste, and let it come to boil once. Serve hot.

---

## Light Fish Dishes.

### STEWED OYSTERS.

INGREDIENTS.—12 oysters, 1 oz. of butter,  $\frac{1}{2}$  oz. flour, 1 gill of oyster liquid or milk,  $\frac{1}{4}$  gill of cream, 1 yolk of egg, 1 teaspoonful of lemon juice, a small blade of mace.

METHOD.—Blanch the oysters. Make a sauce with the butter, flour, and milk and oyster liquor. Bring to the boil, add the mace and cream. Let it boil for ten minutes and stir all the time. Beard the oysters, and cut in two. Add the oysters and yolk of egg to the sauce. Make very hot together without boiling; take out the mace, add the lemon juice and serve.

### FRIED SOLE.

One sole, one table-spoonful of flour, one egg, bread-crumbs, frying fat. Wash, skin,

and trim the sole. Dip lightly in flour, and season with very little pepper and salt. Egg and crumb the sole. Fry in boiling fat. Drain and serve on paper with fried parsley.

## FISH CAKES.

INGREDIENTS.— $\frac{1}{2}$  lb. *cooked fish (free from skin and bones)*, 2 ozs. *mashed potatoes*, 1 oz. *butter*, 1 *egg*, salt and pepper.

METHOD.—Chop the fish finely. Melt the butter in a saucepan; add the fish and potatoes and bind with a yolk of an egg. Season with salt and pepper and spread on to a plate. Form into small flat cakes. Egg and crumb them. Fry in hot fat, and drain them carefully. Dish up and serve on a hot dish.

## FISH PUDDING.

INGREDIENTS.— $\frac{1}{2}$  lb. *cooked fish*,  $\frac{1}{4}$  lb. *cooked potato*, 1 oz. *butter*, 1 *egg*, 1 *table-spoonful milk*, 1 *teaspoonful chopped parsley*, pepper and salt.

METHOD.—Remove the fat and skin from the fish, and break the fish into small flakes; rub the potato through a wire sieve, mix it with the fish, add pepper and salt, melt the butter in a saucepan, add the fish mixture to it, mix well together, add the egg (well beaten), the milk and parsley, pour the mixture into a prepared mould or pie-dish, bake in a moderate oven for about 30 minutes, turn out on to a dish-paper, garnish with parsley and lemon, and serve.

TO PREPARE MOULD. — Grease with clarified butter, and coat with dried or fresh crumbs.

## FRIED FILLETED PLAICE.

Fillet the plaice, remove the black skin, put salt, pepper, and lemon juice on each fillet; roll or tie them, then coat with egg and crumb, fry in hot fat, drain on kitchen paper, arrange on a dish-paper on a hot dish, garnish with parsley and lemon.

NOTE.—When the fat is hot, a blue smoke rises from it; there must be sufficient fat to well cover the fish.

## FISH SOUFFLÉ.

INGREDIENTS.—1 *whiting*, 1½ oz. of *butter*, 1 oz. *flour*, 1½ gill of *milk*, 1 *egg*, ¼ gill of *cream*, ¾ gill *fish stock*.

METHOD.—Skin the whiting and remove the fillet from the bone. Melt the butter in a saucepan; stir in the flour; add the milk, and cook till it leaves the sides of the pan quite clean, stir all the time. Pound this panada, the fish, and the egg well in a mortar. Season well. Rub through a sieve. Add the cream whipped. Steam in buttered dariole moulds for 15 minutes. Turn out and serve with sauce as for fillets of sole, omitting the parsley, any other kind of fish may be used for this dish. Raw chicken or game can also be used by the same formulæ for a soufflé. 4 oz. is generally needed.

## BOILED WHITING AND SAUCE.

INGREDIENTS.—1 *whiting*, 1 *teaspoonful* of *vinegar*, ½ *teaspoonful* of *salt*. Sauce—1 oz. of *butter*, 1 oz. of *flour*, 1½ gill of *milk* or *fish stock*, *pepper* and *salt*, 1 *teaspoonful* of *lemon juice*.

METHOD.—Put the whiting into a saucepan of hot water with the vinegar and salt. Cook gently for about six minutes. Do not boil or it will break. Try with a skewer to see if cooked. Drain and serve on a dish-paper garnished with parsley. If sauce is allowed to the patient, the following may be served. Melt the butter in a saucepan; stir the flour in smoothly with a spoon; add the milk, and stir until it boils. Boil for ten minutes. Season with pepper, salt, and lemon juice. Pour into a sauceboat or over the fish and serve.

### FRICASSEE OF FISH.

INGREDIENTS.— $\frac{1}{2}$  lb. of white fish, 1 pint of water, a blade of mace, a few sprigs of parsley, grate of nutmeg. Sauce—1 oz. of butter,  $\frac{1}{2}$  oz. flour,  $\frac{1}{2}$  gill fish stock, 1 gill of milk, 1 teaspoonful of lemon juice.

METHOD.—Cook the fish in the water with the mace and parsley. Remove the skin and bones and break it into flakes. Make a sauce with the butter, flour, and quarter of a pint of water the fish was cooked in. Season with lemon juice, nutmeg, pepper and salt. Add the milk and flakes of fish. Serve with a border of boiled rice. If cooked fish is used, put the bones and skin into the water and simmer for ten minutes with the spices, then make the sauce.

### STEWED EEL

(WITH PARSLEY SAUCE).

Wash the eel well in cold water and salt, drain it, and cut off the head and tail; trim off the fins; cut up into small pieces, put it into a pan with enough cold water

to cover, and blanch it to extract some of the fat and clean it. While the eel is blanching make the sauce. Eel is particularly suitable for a convalescent who is ordered fat. It is an oily fish. It can be made into either a brown or white stew; brown, by cooking in brown sauce and adding a glass of port wine. Strain, and put it into the sauce; put in pepper and salt, and cook for about an hour, until the eel is tender; stir occasionally, and keep covered with a lid. Either mix parsley with it, or sprinkle it over when dished up. Take the eel out of the sauce, and put it in the centre of the dish; then pour the sauce over, and garnish with parsley.

### SAUCE FOR EEL.

INGREDIENTS.— $1\frac{1}{2}$  oz. *butter*, 1 oz. *flour*, about 1 *pint milk*, 1 *teaspoonful chopped parsley*, *pepper*, and *salt*.

METHOD.—Put the butter in a pan, and melt it; add the flour, mix it in smoothly; add the milk by degrees. Fish stock may be used instead of milk. Boil and stir for fifteen minutes.

### GRILLED FRESH HADDOCK WITH TOMATOES.

INGREDIENTS.—A *small fresh haddock*, 2 *firm tomatoes*,  $\frac{1}{2}$  oz. of *butter*, 1 *table-spoonful of flour*, *salt*, and *pepper*.

METHOD.—Wipe the fish with a damp cloth and trim off the tail and fins. Remove the eyes. Brush it over with the butter previously melted; mix the flour with a little salt and pepper, and dip the fish in it.

Rub the gridiron with bacon rind or a piece of suet or butter, place the fish on it, and put it over or in front of a quick clear fire for about 10 minutes. Turn it once or twice.

Cut the tomatoes in halves, and bake them till soft in a quick oven or cook them on the grill. Serve the fish in a hot dish and garnish with the tomatoes and a few sprigs of parsley.

### EEL EN MATELOTTE.

Cut a small eel (skinned and cleaned), into pieces about  $1\frac{1}{2}$  inches long, dry them on a cloth and fry in a little butter for a few minutes. Add 6 small peeled button onions and fry also. Sprinkle over a dessert-spoonful of seasoned flour, fry a little longer and moisten with a small glass of claret and a gill of brown stock or water in which 1 teaspoonful of *Lemco* extract has been dissolved. Cook gently for half-an-hour or so, stir and skim occasionally. Dish up neatly the fish and onions, strain the sauce and pour it over the dish, sprinkle with chopped parsley and garnish with fried bread croûtons.

### GRILLED SOLE.

Procure a nice thick fresh sole, about one pound in weight. Trim the fins off the sole and wipe with a clean cloth. Season with a little pepper and salt, then butter it all over, place it on a grill and cook over a nice clear fire. Dish up temptingly and serve with parsley butter or with white fish sauce.

## LIGHT FISH PUDDING.

INGREDIENTS.—6 oz. of *cooked fish*, 1 oz. *bread-crumbs*, 1 *egg*, *mace*, *nutmeg*, *salt*, and *pepper*.

METHOD.—Chop and warm the fish in the butter, add bread-crumbs, previously soaked in half a gill of milk or veal stock. Season with salt, pepper, a pinch of ground mace, and a grate of nutmeg and add the egg beaten up. Steam in a mould one hour. Serve with a little white sauce.

## STEAMED SOLE.

*To Prepare for Steaming*.—Skin the sole, point the tail, remove the eyes, cut off the fins, then sprinkle over the fish a little salt and a few drops of lemon juice.

*To Steam*.—Have a steamer or a saucepan of boiling water, put the fish in the steamer or on a plate or colander over the saucepan, and steam until the flesh will come easily from the bone (about ten minutes), put the fish on a hot dish, strain over it some sauce, garnish with lemon and parsley, and serve hot.

Sole and whiting are considered the most digestible, and are therefore the most nourishing for invalids.

Any other kind of fish—such as whiting, cod, turbot, or haddock—can be cooked in this way.

## SOLE MAÎTRE D'HÔTEL.

Skin and fillet the fish, and season with pepper, salt, and lemon juice; roll the fillets, put them in a buttered sautépan, cover with buttered paper; bake in a very moderate oven for about ten minutes, until



the fillets are a white colour and firm to the touch ; put them on a hot dish, and pour some Maitre d'Hôtel sauce over them.

### MAÎTRE D'HÔTEL SAUCE (half-pint).

INGREDIENTS.— $\frac{3}{4}$  oz. butter,  $\frac{1}{2}$  oz. flour,  $\frac{1}{4}$  pint milk,  $\frac{1}{4}$  pint fish stock, 1 teaspoonful finely chopped parsley, 1 teaspoonful lemon juice, pepper and salt.

METHOD.—Melt the butter, stir in the flour, work the two together, add the milk, boil the sauce until it is thick, add the fish stock, boil the sauce for ten minutes, add the pepper and salt, lemon juice, and parsley, pour the sauce over the fish, garnish with slices of lemon and chopped parsley.

### FISH STOCK.

Save the bones and trimmings of fish. Cover with milk and water in equal quantities ; add pepper and salt, a slice of onion and carrot, and a blade of mace. Simmer for about half-an-hour, and strain ; it is then ready for use.

### FISH QUENELLES.

INGREDIENTS.—3 ozs. of white fish, *whiting or fresh haddock*, freed from skin and bones, 1 table-spoonful bread-crumbs, 1 egg, 1 oz. butter, 1 table-spoonful milk, pepper and salt.

METHOD.—Put the milk, bread-crumbs, and butter in a stew-pan and heat up whilst stirring over a slow fire, spread it on a plate and let cool. Pound the fish in a mortar, add the cold preparation, and mix thoroughly ; then add the egg, and seasoning (also a few drops of lemon juice if liked



and permitted), mix again and rub the whole through a sieve. Shape some quenelles with a dessert-spoon and drop them into boiling stock of water, poach for ten minutes, take up, strain, and serve on toast or a bed of mashed potatoes. A nice white sauce should be served with this dish.

### FISH EGGS (SCRAMBLED).

INGREDIENTS.—3 eggs, 2-3 ozs. cooked white fish (flaked), pepper and salt, 1 tablespoonful cream or milk, 2 ozs. butter, buttered toast.

METHOD.—Beat up the eggs, add the cream or milk, season to taste. Melt the butter in a stew-pan, add the flaked fish, and fry over gas for a few seconds; stir in the eggs, etc., and keep stirring over the gas until the mixture begins to thicken. Have the buttered toast on a hot dish or plate, pile the mixture on to it, and serve.

---

## Poultry and Meat Dishes.

### ROAST CHICKEN.

*To Draw a Chicken.*—Have a basin of warm water, a dishcloth, and plate on the board.

Cut off the head of a young chicken, already picked, then slit the skin of the neck at the back of the chicken with a knife, cut off the neck as near to the body as possible, loosen the entrails at the neck end, then remove any pipes, blood, etc., from the neck, cut a small hole above the “parson’s” nose, and with two fingers draw out the entrails, wash the heart and liver, remove the gall, and keep them for making stock.

Wipe the inside of the chicken with a clean damp cloth, singe the bird and wipe the outside, cut off a portion of the feet, dip the legs into hot water, and scrape off the outer scale.

*To Truss a Chicken.*—Fold the loose skin of the neck over the back, turn back the wings, put a skewer through the lower part of the wing, the upper part of the leg, through the body, other leg and wing. Put another skewer through the lower part of the body, the two leg joints (making the legs stand up), and lastly through the other part of the body.

*To Roast a Chicken.*—Put the trussed chicken in a roasting tin, breast up. Spread 2 ozs. butter or dripping on top. Cook it in front of a brisk fire or in a hot oven, from 30 to 40 minutes according to the size of the bird, allowing about 15 minutes to the lb. and 15 minutes over; baste the chicken frequently whilst it is cooking. Dish it on a hot dish, pour some gravy round it, and serve with bread sauce.

*To Make the Gravy.*—Use the stock made with the giblets, pour off the fat from the baking tin, pour into the tin the stock, boil the gravy well and skim and season it, then strain it round the chicken. A teaspoonful of Lemco meat extract or meat glaze added to the gravy whilst it is being boiled will greatly improve its flavour.

*Stock for Gravy.*—Cut open the gizzard, remove from it the little bag containing the food, cut the gall bladder from the liver, then rinse the neck and heart, liver, and gizzard in cold water, put them in a saucepan with a pint of water, 1 slice onion, 1 clove, and a few peppercorns; simmer for 1 hour, then strain, and use.

## BREAD SAUCE.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 1 gill bread-crumbs, 6 peppercorns, 1 clove, 1 small onion.

METHOD.—Put all the ingredients except the breadcrumbs into a saucepan and simmer for  $\frac{1}{2}$  an hour; strain, add the breadcrumbs to the milk and let simmer for about 10 minutes; serve it in a hot sauceboat. If liked, a little butter can be added to the sauce.

## BOILED CHICKEN.

Draw the chicken for boiling in the same way as for roasting. To truss, cut off the legs at the knee joint, then loosen the skin over the legs, and force the lower part of the leg under the skin, put a skewer through the wing, upper part of leg, body, other leg and wing; tie a piece of string round the parson's nose, then round the lower part of the chicken so as to completely close the opening. Put the chicken into rapidly boiling stock, boil it for 5 minutes, then let it simmer for 20 minutes to each pound and 20 minutes over, lift the chicken out of the stock, drain it well, put it on a hot dish, remove skewer and string. Pour over it some egg sauce, grate over it some yolk of egg, and serve hot.

## EGG SAUCE.

INGREDIENTS.—1  $\frac{1}{2}$  ozs. butter, 1 oz. flour,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  pint stock, 1 hard-boiled egg, seasoning.

METHOD.—Melt the butter in a saucepan, add to it the flour, mix well together, add the milk, by degrees, boil until thick, then add the stock and boil for ten minutes;

add the chopped white of egg, and pour it over the chicken.

### FRICASSEE OF CHICKEN.

Cut a chicken into neat joints, put it into a stew-pan with enough hot water to cover it, one onion, a few herbs and peppercorns tied up in a muslin bag, add salt to taste; bring to the boil, skim and let it simmer gently at the side of the stove for about 30 minutes. Make a sauce by frying one ounce of butter and one of flour without letting it take colour. Mix to this about a pint of the liquor in which the chicken was stewed, and cook for ten minutes, strain and add two yolks of eggs, previously mixed with the juice of half a lemon and a table-spoonful of thick cream, keep stirring till the sauce thickens without allowing it to boil. Add the pieces of chicken to this, and cook for ten minutes. Do not allow it to boil. Dish up neatly and serve.

### CHICKEN CREAM.

INGREDIENTS.—4 oz. *raw chicken*, 1 *table-spoonful bread-crumbs*, 1½ oz. *butter*, ½ *gill milk*, ½ *gill cream*, 1 *white of egg*, *seasoning*.

METHOD.—Scrape and pound the meat, warm the bread-crumbs, milk and butter together. Pound with the meat. Sieve, and stir well in the cream, slightly beaten, and lastly beaten white of egg. Steam carefully in a buttered mould or basin for half an hour, turn out and serve with a nice white sauce.

### CHICKEN CROQUETTES.

INGREDIENTS.—3 oz. *cooked chicken*, 1 oz. *of cooked ham*, ½ oz. *of butter*, ¼ oz. *of flour*, ½ *gill of stock or milk*.

**METHOD.**—Chop the chicken and ham finely. Make a sauce with the butter, flour, and stock. Season. Put in the minced chicken, parsley, and ham. Mix well. Spread on a plate to cool. Form into balls, cutlets, or cork shapes. Egg and crumb, and fry in boiling fat. Dish on lace paper, and garnish with parsley.

### CHICKEN PANADA.

**INGREDIENTS.**—*Breast of a young chicken, yolk of 1 egg, 2 table-spoonfuls of cream,  $\frac{1}{4}$  tea-spoonful of salt, small slice of toast.*

**METHOD.**—Remove the skin from the breast of the chicken, and cut the flesh into small pieces. Put them into a jar, and sprinkle the salt over them. Cover the jar with greased paper, and place it in a saucepan with enough water to come about three-quarters up the jar. Cover the saucepan, and allow the water to boil for an hour, adding more *boiling* water as that in the saucepan evaporates. Remove the chicken from the jar, pound it in a mortar with the yolk of the egg, and pass through a hair-sieve. Add the cream to the juice in the jar, and there should be about three table-spoonfuls of the mixture; pour this over the pounded chicken, and stir over the fire till it thickens. On no account let it boil. Dip the toast in hot milk, and pile the mixture on the toast. A squeeze of lemon juice is an improvement. Serve very hot.

### STEWED PARTRIDGE.

Parboil or stew a partridge in rich stock, cut it up, take out the largest bones, put

them in the pan with the liquor in which it was stewed, add a small blade of mace, a strip of lemon rind, salt and pepper to taste. When done, serve with the gravy in the dish, and garnish with small croûtons of toasted bread round the dish.

### SAVOURY SUET DUMPLINGS.

INGREDIENTS.—4 oz. *flour*, 2 oz. *finely chopped beef suet*, 1 egg,  $\frac{1}{4}$  *teaspoonful baking powder*,  $\frac{1}{4}$  *teaspoonful sweet herbs*, 1 *dessert-spoonful of chopped parsley*,  $\frac{1}{2}$  *teaspoonful Lemco extract of meat*, salt, and pepper.

METHOD.—Put the dry ingredients in a basin, and moisten with the egg, previously beaten up and mixed with a table-spoonful of milk and the meat extract into a fairly stiff paste. Make up into small balls and boil  $\frac{3}{4}$  hour in stock or water.

These dumplings are served with gravy from roast meat.

### CHICKEN RAMAKINS.

INGREDIENTS.—3 oz. of *cooked finely minced chicken free from skin and bone*, a large *table-spoonful of cooked spinach*, a *table-spoonful of grated cheese*, a *hard-boiled egg*, and 2 *raw yolks of egg*, a *table-spoonful of finely chopped parsley*, a *few drops of lemon juice*, pepper, and salt, and a little stock.

METHOD.—Chop the hard-boiled egg. Rub the spinach through a sieve, or chop finely. Mix the chicken, chopped egg, spinach, parsley, and cheese in a saucepan; add very little pepper and salt; moisten with stock, and stir till hot. Then add the raw yolks. Butter some small paper or china ramakin-cases, fill them three-parts

with the mixture, and bake about ten minutes in a moderately heated oven. Dish up the cases and garnish with parsley and serve.

## **CHICKEN FILLETS WITH OYSTERS.**

Remove the breast from a raw chicken, take off the skin and flatten the meat with a cutlet bat. Trim each fillet thus obtained, cut each in two, and place a raw bearded oyster in the centre of each.

Season lightly with pepper, salt, and lemon juice, roll each little fillet in a piece of buttered paper. Place them in a buttered sauté-pan and a little stock. Cook in the oven from 10 to 15 minutes. Take up, remove the paper, dish up and pour over a nicely made white sauce.

## **BROILED BREAST OF GROUSE OR PARTRIDGE.**

Remove the breasts of a tender bird, season lightly, dip in flour, and coat with oiled butter, place on a gridiron over a clear fire, and broil for about 8 minutes, turning it occasionally, and baste with a little more butter if necessary. Dish up on a hot plate or dish, place a tiny piece of fresh butter on top, sprinkle over a few drops of meat glaze, garnish with a few sprigs of parsley and serve hot.

## **QUAIL ON TOAST.**

Split a tender quail down the back, remove the entrails, and wipe the inside, put it on a skewer, dredge with flour and a little salt, brush over with oiled butter,



and broil over a clear fire for about 10 minutes. Have ready a piece of dry, buttered toast, put it on a hot dish, and lay the bird on it, breast up. Garnish with a few sprigs of watercress, and serve hot. A little gravy freed from fat may in some cases be served separately with this dish.

### BEEFSTEAK BALLS.

Scrape half a pound of beef steak with a sharp knife, so that there is nothing left but the tough fibres. As the meat is scraped, put it into a basin or soup plate, mix with the yolk of an egg and a tiny pinch of salt and pepper. Shape into balls about the size of a large walnut. Use a little flour or bread-crumbs in shaping the balls. Melt an ounce of butter in a frying pan, put in the meat balls when hot, and fry a golden brown. Dish up and serve with a little thin brown sauce.

NOTE.—This dish is specially recommended to patients whose power of mastication is weak, or when a patient is recommended to eat raw beef, in which case the meat balls must be cooked very quickly so as to brown the outside only, the meat under the brown crust will then be almost raw.

### STEWED TRIPE.

INGREDIENTS.— $\frac{1}{2}$  lb. tripe, 1 onion,  $\frac{1}{2}$  pint of milk,  $\frac{1}{2}$  dessert-spoonful of flour, pepper, and salt.

METHOD.—Blanch the tripe and remove all fat, and cut into square pieces. Put the tripe, the onion chopped, and the milk into a saucepan. Season with pepper and salt. Simmer gently for two hours. Blend



the flour smoothly with a little cold milk and pour in. Stir until it boils up. Serve very hot.

### CREAM OF RABBIT.

Procure a nice fresh rabbit, remove the white meat from the bones, then put the bones into a pan to stew, with one pint of water and a piece of carrot, turnip, and one small onion; pound the meat in a mortar, and pass through a wire sieve, add an ounce of butter, and the yolk of two eggs. Mix all well together. Add one table-spoonful of cream, a little pepper and salt to taste. Whisk the white of egg to a stiff froth, and add to the other ingredients. Butter a mould, then stir all very lightly together and fill the mould. Place it into a pan containing some boiling water, let it boil up, draw to one side, and let it steam 30 minutes. Strain the liquor from the bones, thicken with a dessert-spoonful of Brown & Polson's corn-flour, cook this for 10 minutes. Turn out on a hot dish, pour over the sauce. Serve hot.

### VEAL QUENELLES.

INGREDIENTS.— $\frac{1}{4}$  lb. of veal,  $\frac{3}{4}$  oz. of butter,  $\frac{1}{2}$  oz. of flour, 2 table-spoonfuls of stock or milk,  $\frac{1}{2}$  a beaten egg, pepper, and salt.

METHOD.—Pass the veal through a mincing machine. Melt the butter, stir in the flour, add the stock, and cook until it leaves the sides of the pan quite clean. Pound this panada, the veal and egg in a mortar, season well with pepper and salt, and rub through a wire sieve. Form into quenelles in a spoon, and poach in salted water. Serve on a hot dish, and pour white sauce over.

## SCOTCH COLLOPS.

INGREDIENTS.—1 mutton chop ( $\frac{1}{2}$  lb.), 1 teaspoonful finely chopped onion,  $\frac{1}{2}$  oz. of butter, 1 teaspoonful flour, 1 gill stock.

METHOD.—Mince the meat, get the butter hot in a saucepan, add to it the onion, fry until a light brown colour, add the flour, mix well together, add the stock, and boil for ten minutes. Add the meat, and simmer for half an hour; dish on a hot dish, garnish with croutons of bread and parsley.

## SWEETBREAD WITH WHITE SAUCE.

Blanch a heart sweetbread, trim it, and cook it in a stew-pan with sufficient well-seasoned stock and a slice of ham or lean bacon. Allow about an hour to cook it gently, skim occasionally. Have ready a gill of white sauce, heat it up and add to it the yolk of an egg and a few drops of lemon juice. Take up the sweetbread and place it into the sauce to get thoroughly hot but *not* boiling. Dish up the sweetbread and pour over the sauce; garnish with a few sippets of toasted or fried bread and serve.

## FRIED SWEETBREAD.

Procure a sweetbread and blanch it, then put it between two plates to press, when cold put it with about two ounces of butter in a clean stew-pan or sauté pan, add the juice of half a lemon, season to taste, cover with a buttered paper and cook in the oven for about half an hour. Keep it well basted whilst cooking. When cooked, let cool, cut it into slices, then egg and

bread-crumb them twice and fry for eight or ten minutes in clean boiling fat. Dish up, garnish with parsley, and serve very hot.

## GRILLED CHOP.

POTATO STRAWS.—MAÎTRE D'HÔTEL BUTTER.

*To prepare the Chop.*—Cut off some of the fat, wipe the chop with a clean dish-cloth.

*To grill Meat :—*

(1) Have a clear fire.

(2) Heat the grill.

(3) Hang the chop on it, and put it near the fire for about two minutes, then cook it for three or four minutes further from the fire; turn it, and cook for about four minutes; put the chop on a hot dish, put on it some Maître d'Hôtel butter, and round it some fried potato.

*The advantages of grilling are :—*

(a) All the nutriment is retained in the meat.

(b) The meat is digestible, as—

(1) It is not very much cooked.

(2) No fat is added during the process of cooking, and a great deal of the fat which is naturally in the meat becomes dissolved.

(c) Grilling is a quick method of cooking.

(d) Grilled meat is considered more savoury than boiled.

## MAÎTRE D'HÔTEL BUTTER.

(PARSLEY BUTTER.)

INGREDIENTS.— $\frac{1}{4}$  oz. of butter (fresh),  $\frac{1}{2}$  teaspoonful of chopped parsley, 2 or 3 drops of lemon juice, pepper and salt.

**METHOD.**—Work the parsley and butter together, add to them the lemon juice, pepper and salt, put the butter on a small piece of paper and on ice to harden, cut into fancy shapes, and put on the grilled meat.

### **STEAMED CHOP.**

Procure a loin chop, trim off the fat and roll up the end which may be skewered. Place it on a small plate and put it in a stew-pan, containing seasoned stock or water. If the latter is used, add a little *Oxo* or *Lemco* to flavour it, also a sprig of thyme and a little parsley. Cover the pan and cook thus for half an hour or longer. Serve it on a small bed of mashed potatoes; garnish with parsley and a thin slice of lemon.

### **STEWED MUTTON OR LAMB.**

Procure 2-3 mutton or lamb cutlets or chops, trim off the skin and fat and some of the bones. Fry them in an ounce of butter till brown on both sides. Take up the cutlets or chops and add a tablespoonful of flour to the butter remaining in the pan. Stir till the flour is nicely browned, then moisten with a gill of stock and  $\frac{1}{2}$  gill tomato sauce, or 3 small ripe tomatoes cut up small. To this add the fried cutlets, season with salt and pepper, and stir gently for half a hour. Skim occasionally. Dish up the cutlets and strain over the sauce. If liked a little cooked rice can be served with this dish; this could be introduced as a garnish.

### **MINCED MUTTON.**

Remove the bone and fat from a mutton chop, and mince it very finely by *hand*, not

machine. Melt half an ounce of butter in a small stew-pan, when hot put in the meat and cook very gently for ten minutes. Season very lightly with salt and pepper, and serve with small fingers of toasted bread.

### MUTTON SANDWICHES.

The above allowed to cool, and pounded in a mortar, will be useful to make dainty and appetising sandwiches.

### YOLK OF EGG SANDWICHES.

The yolk of a fresh hard-boiled egg (ten minutes), rubbed through a sieve, and slightly seasoned, makes a nice relish.

### RAW BEEF SANDWICHES.

INGREDIENTS.—*Raw beef shredded, thin slice of bread and butter, pepper and salt.*

METHOD.—Shred the meat finely. Spread it on the thin bread and butter. Season well. Place another piece on top. Cut into dainty squares, or stamp into rounds, and serve.

## Vegetables.

### POTATO STRAWS.

*To prepare potatoes for cooking.*—Choose potatoes about the same size for the straws, oval rather than round ones, scrub them in cold water, peel thinly, cut them lengthways into thin slices, put the slices one on top of another, then cut them down into long thin strips, keep the strips in cold water until ready to fry.

*To fry potatoes.*—Have a frying-pan with sufficient hot fat (lard, dripping, or oil) to cover the potatoes, drain the potatoes thoroughly, and fry them in the hot fat until they are a light brown colour; lift them out of the fat with a fish-slice, drain the potatoes well on a cloth or kitchen paper, and arrange them around the chop.

Frying is one of the best methods by which to cook potatoes.

## POTATOES.

Potatoes are not considered to be very digestible, and on that account they should not be eaten by people with weak digestions. They can be cooked in a variety of ways—steaming, boiling, baking, sautéing, and frying being the most popular. The most digestible way is said to be by the method of deep frying, but steaming in the same way as cauliflower is also good, or they can be made more nourishing by adding to them eggs, milk, butter, etc., after boiling.

Potatoes should always be scrubbed in cold water, then peeled very thinly, or if they are new, scraped.

## POTATO CROQUETTES.

Peel, boil, or steam and mash the potatoes in the usual way. Season with salt, butter, nutmeg, and a little white pepper. While they are hot beat in two egg yolks. Then form them into balls the size of a small apple, roll in flour, slip in egg, and cook with fresh bread crumbs. Make an impression with the end of a paste brush in each, making each resemble a small apple. Fry them in hot fat, take up and drain them, dish up and serve hot; insert a small sprig of parsley in each.

## POTATOES AU GRATIN.

Cut some cold boiled potatoes into dice. To each pound add about a gill of white sauce. Season to taste with salt, pepper, and nutmeg ; add also 1 oz. of grated cheese and mix carefully. Put the potatoes into buttered gratin dishes, smooth over the surface with a knife, besprinkle with bread crumbs and a few small bits of butter. Bake in a hot oven to brown the surface. Serve in same dish.

## SAUTÉD POTATOES.

Boil the potatoes in their jackets ; when done, drain them, and let them get cold, then remove the skins and cut them in slices. Put them in a frying-pan with clarified butter, and toss them over the fire till wholly brown. Sprinkle over some chopped parsley, and serve on a hot dish.

## CAULIFLOWER AU GRATIN.

Prepare and cook the cauliflower as directed in the following recipe, and drain it well. Add some grated cheese to the white sauce before pouring it over the cauliflower, besprinkle the top with bread crumbs, grated cheese, and oiled butter, then brown in front of a hot fire in a sharp oven, or under a grill.

## CAULIFLOWER.

*To prepare.*—Remove the outer green leaves, wash the flower thoroughly in cold water, then leave to soak for about twenty minutes in cold water containing a little salt.



*To boil.*—Have a saucepan of fast boiling water, add to it enough salt to taste, then put in the cauliflower, and let simmer till it is cooked (about 20 minutes), drain it well, and place the cauliflower in a hot vegetable dish, pour over some white sauce and serve.

*To steam.*—(This is a better way to cook it than boiling). Put the cauliflower in a colander over a saucepan of boiling water, or use in a double saucepan with steamer, and keep the water boiling rapidly till the cauliflower is cooked. Serve in same way as boiled.

## BRUSSELS SPROUTS.

INGREDIENTS.— $\frac{1}{2}$  lb. sprouts,  $\frac{1}{2}$  oz. butter, small piece of soda (the size of a small pea), pepper and salt, sufficient boiling water to cover the sprouts.

METHOD.—Rinse the sprouts in cold water, remove the outer leaves, trim and soak them for about one hour in cold water and salt. Add a tablespoonful of salt and the soda to the boiling water, put the sprouts in, and keep them boiling rapidly, without a cover, until the stems are soft (about ten minutes), strain through a colander, melt the butter in the saucepan, add the sprouts to it, add some pepper and salt, shake well together, dish in hot vegetable dish, and serve at once.

## ARTICHOKES STEWED IN WHITE SAUCE.

Wash, scrub, and peel thinly  $\frac{1}{2}$  lb. of artichokes, put them in cold water containing a little lemon juice or vinegar, cut them into slices or halves and cook in slightly

salted water and milk till tender. Pour off the liquid and add enough white sauce to cover the artichokes, season to taste and stew for another 10 minutes. A little chopped parsley may be added if liked.

## BAKED TOMATOES.

INGREDIENTS.—2 *even-sized tomatoes*,  $\frac{1}{2}$  oz. of *fresh bread-crumbs*,  $\frac{1}{2}$  oz. of *grated cheese*, 2 *mushrooms*,  $\frac{1}{2}$  *teaspoonful of chopped parsley*,  $\frac{1}{4}$  oz. of *butter*, *pepper*, and *salt*.

METHOD.—Cut the tomatoes in halves, crossways, scoop out a little of the pulp, and mix with bread-crumbs, cheese, chopped mushrooms, parsley and butter. When these ingredients have been well mixed, fill the tomatoes with the mixture, place them on a buttered tin, season with a little pepper and salt, and bake in a moderate oven from 15 to 20 minutes.

## SPINACH.

INGREDIENTS.—1 *lb. of spinach*,  $\frac{1}{2}$  oz. of *butter or dripping*,  $\frac{1}{4}$  oz. of *flour*, *salt*, *pepper*, and *nutmeg*.

METHOD.—Pick and wash the spinach, put it into a small quantity of boiling salted water, and boil until tender. When done, strain on a colander, soak in cold water for a few minutes, drain again and chop up finely. Melt the butter in a stew-pan, add the flour, put in the chopped spinach, season with pepper and a little grated nutmeg, stir over the fire until thoroughly hot, add a little stock, if too thick, dish up on a round dish and ornament a little, put a few pieces of toasted bread round the dish and serve.

## Egg Dishes, etc.

### THE DIETETIC VALUE OF EGGS.

It is claimed by several eminent medical authorities that eggs, as a food, are richer by far in fat than fat beef or other fat meat, and are among the most perfect food for mankind, containing all the needful nourishment for life. Eggs are, further, exceedingly nourishing, as they contain at least 14 per cent. of albumen, and are, consequently, extremely valuable for strengthening the body, and, owing to the large percentage of phosphorous they contain, many regard them as an excellent brain food. Persons of delicate digestion will find that eggs, consumed raw or in a partially cooked state, *i.e.* slightly poached or boiled or scrambled, are a satisfactory article of diet. Hard-boiled, or fully-cooked eggs, take at least 30 minutes longer to digest than lightly or partly-cooked eggs, or egg preparations. A soft-boiled egg, for instance, takes but three hours to digest.

### RAW EGGS.

A raw egg beaten up and mixed with a cup of milk, tea or coffee, makes an excellent and nourishing drink. Stir the egg well in a cup and pour on the hot coffee or tea. This will prevent curdling. Cream or milk and sugar should then be added, unless one or the other is objected to by the patient.

When raw eggs are ordered for an invalid to whom they are objectionable, make as palatable as possible by having

the egg as cold as one can make it and then serve it from a cold glass as soon as it is opened. Of course it is useless to serve any save perfectly fresh eggs.

### WHITE OF EGG.

If the white alone is to be taken, it should be beaten with a whisk until very stiff and frothy, then seasoned with salt or sugar, whichever is preferred, and eaten with a spoon. This can be flavoured with a few drops of brandy if the patient likes the taste.

### EGG AND COLD MILK.

Some who object to an egg beaten in a glass of milk, sweetened and flavoured, can take the egg if the sugar is omitted and the usual flavouring replaced by a tablespoonful of brandy.

A tablespoonful of rich thick cream added to the white of an egg, beaten stiff and flavoured with a tablespoonful of brandy, is palatable and nutritious for an invalid or anyone whose health is slightly impaired.

### CODDLED EGGS

for the sick are exceedingly popular, and, by far better, than boiled eggs. To coddle an egg, pour boiling water into a cup containing a new-laid egg, let it stand on a hot place (the side of the stove) for about six minutes, when it will be ready for serving. Cooked in this way, the white will be found to be of a jelly-like consistency and appearance, and the whole yolk and white is perfectly delicious and wholesome.

This is the simplest way for preparing eggs for an invalid, but there are at least a hundred ways of cooking eggs, or egg mixtures, suitable for the sick room.

Raw eggs, beaten up and mixed with wine, sherry, or marsala, or brandy, sweetened with a little sugar, form excellent stimulants and restoratives.

### POACHED EGGS IN MILK.

Poaching an egg practically means boiling it in water or milk without the shell. To poach eggs in milk, three-parts fill a small sauté-pan with milk, add a pinch of salt, break two eggs in a saucer, taking care not to break the yolk, and slip them into the milk when boiling. Boil gently for five minutes. Take up with a slice, and trim off the rough edge of each egg, place them on two rounds of buttered toast, pour a little milk on the plate or dish, and serve.

### POACHED EGG ON TOAST.

Toast a slice of bread to a nice brown, butter it well, and trim off the crust of the bread. Break one or two new-laid eggs into a cup, drop separately into fast-boiling water containing enough salt to taste, and a few drops of lemon juice. Keep the pan on the fire till the whites of the eggs harden, then take up with a slice, trim neatly and lay on the prepared toast. Dish up, garnish with fresh parsley, and serve.

### EGG WITH MEAT EXTRACT.

Heat two table-spoonfuls milk, and dissolve in it  $\frac{1}{2}$  teaspoonful of *Lemco* extract

of meat ; whip up the white of an egg to a stiff froth, first adding a tiny pinch of salt, then stir in lightly the yolk of an egg and the milk ; pile up on a small plate or saucer and serve.

### INVALID'S TOAST.

A very nourishing toast can be made by shredding very finely 2-3 ozs. of lean beef, put it in a saucepan with half an ounce of melted butter and brown over a quick fire. Season with very little salt. Take two *Triscuits*, toast them and butter one side of each slightly, and spread the beef over each. Place them on a dish or plate, garnish with crisp parsley and serve hot.

### POACHED EGG ON TRISCUIT.

When poaching eggs for invalids, use milk in place of water. This will give the eggs a more delicate flavour than water and will make the dish more nourishing. Boil up enough milk to cover the eggs. Add a pinch of salt and break two fresh eggs into the boiling milk. Remove the pan carefully from the fire and let the eggs cook very gently for a few minutes. Take them up, trim carefully, and place each on a *Triscuit*, previously toasted or heated and buttered. Dish up, garnish with parsley, and serve hot.

### SCRAMBLED EGGS.

INGREDIENTS.—1 egg,  $\frac{1}{2}$  oz. butter, 1 table-spoonful milk, pepper and salt, 1 slice of hot buttered toast.

METHOD.—Beat up the eggs, add to it the milk, pepper and salt, melt the butter in a saucepan, pour in the egg mixture, and

stir until the egg is just set, put it on the toast, put the toast on a dish paper, garnish with parsley, and serve hot.

### EGG-CHEESE TOAST.

INGREDIENTS.— $\frac{1}{2}$  oz. *butter*,  $\frac{1}{2}$  oz. *flour*,  $\frac{1}{4}$  pint *milk*, 2 small rounds of *toast*,  $\frac{1}{2}$  *teaspoonful extract of meat*, 1 oz. *Parmesan cheese*, 1 *hard-boiled egg*.

METHOD.—Have the toast hot and ready, spread it with a little of the extract of meat. Chop up whites of eggs, place on one of the rounds of toast and sprinkle over a little of the cheese. Melt the butter in saucepan, add flour and stir till smooth, add the milk and the remainder extract of meat, boil a few minutes, then add the seasoning and the remainder of cheese. Put a table-spoonful of this mixture over the white of egg, lay the other round of toast on top, divide into two or four pieces. Arrange carefully on a dish, pour over the hot sauce, and rub the yolks of eggs through a wire sieve over the whole. Re-heat for a few seconds and serve.

### NOURISHING CUSTARD.

INGREDIENTS.—3 *yolks of eggs*, 1 *gill milk*,  $\frac{1}{2}$  *gill water*, 2 *table-spoonfuls Bovril*.

METHOD.—Beat up the egg yolks, mix the *Bovril* with the water previously heated; stir this into the beaten eggs. Boil up the milk, and add it to the above, season to taste, and strain into a well-buttered mould or basin. Place the mould in a stew-pan containing some hot water, cover with buttered paper, and cook in the oven for about 20 minutes.



Turn out, and serve hot or cold. In cooking this custard, quick baking or steaming should be avoided, so as to prevent any possible coagulation of the albumen contained in the eggs and the meat extract.

### BUTTERED EGGS.

INGREDIENTS.—1 egg, 1 teaspoonful of *Bovril*, a piece of butter (about  $\frac{1}{4}$  oz).

METHOD.—Beat up the egg and add the *Bovril* to it. Melt the butter in a frying-pan ; pour in the egg and stir quickly until the eggs commence to set. Have a piece of toast made, butter it and pile the mixture upon it.

### PLAIN OMELET.

INGREDIENTS.—2 eggs,  $\frac{1}{2}$  oz. of butter, 1 table-spoonful of milk or cream, pepper and salt.

METHOD.—Break the eggs into a basin, beat them well with a fork, add milk, season with a tiny pinch of pepper and salt. Melt the butter in a omelet or frying-pan ; when hot pour in the eggs, stir quickly with a fork, over a quick fire, shake the pan, when set shape the omelet on one side of the pan, allow it to take colour, then turn quickly on a hot dish, and serve. A small finely chopped shallot may be added if liked, but it should be fried a little with the butter before adding it to the mixture.

### SAVOURY OMELET.

Proceed the same as directed in the foregoing recipe, adding a teaspoonful of finely chopped parsley when beating up the eggs.

## Sweet Puddings, etc.

### MILK PUDDINGS.

INGREDIENTS.—1 oz. *rice or sago*,  $\frac{1}{2}$  oz. *sugar*,  $\frac{3}{4}$  pint *milk*, 1 *egg*, *flavouring* (if liked).

METHOD.—Wash the farinaceous food, put it in a saucepan with the milk, and let them simmer until the milk is thick, add the sugar and flavouring, and well-beaten egg, pour the mixture into a slightly greased pie-dish, and bake in a moderate oven from 20 minutes to half-hour, dredge with sugar, and serve.

NOTE.—When flavouring is used, it should be put in the pudding just before it is baked. A thin piece of lemon rind boiled in the milk and removed before baking is found excellent.

Other farinaceous foods that are used and suitable for milk puddings are:—Sago, pearl barley, cornflour, florador, semolina, etc.

### BARLEY CUSTARD PUDDING.

INGREDIENTS.—1 oz. *patent barley*, 1 *teaspoonful castor sugar*,  $\frac{1}{2}$  oz. *butter*,  $\frac{1}{2}$  pint *milk*, a *tiny pinch salt*, 1 *large egg*, *nutmeg*.

METHOD.—Boil the milk, mix the barley with the sugar and a little cold milk. Pour on the hot milk and put on the fire, add the butter and a small pinch of salt, stir over the fire till it boils, then add the yolk of the egg, whisk the white of egg to a stiff froth, and add to the mixture when it has cooled a little. Butter a small pie-dish, pour in the prepared custard, grate a little nutmeg on top, and bake for ten minutes.

## CUSTARD PUDDING.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 2 eggs,  $\frac{1}{2}$  oz. of castor sugar, *flavouring*.

METHOD.—Beat the eggs, add to them the milk and sugar and *flavouring*, pour the custard into a pie-dish, and bake in a moderate oven for 20 minutes; sprinkle sugar over, and serve either hot or cold.

The same ingredients can be put in a greased basin and steamed, or they can be put in a double saucepan or jar, and boiled.

A savoury custard can be made by substituting herbs, chopped meat, and pepper and salt, for sugar and *flavouring*.

COST.—Milk, 1d.; eggs, 2d.; sugar and *flavouring*, 1d.; total, 4d.

## SUET PUDDING.

INGREDIENTS. — 3 oz. *beef suet*, 6 oz. *flour*, 2 oz. *sugar*, 1 egg,  $\frac{1}{2}$  *teaspoonful* *baking powder*, a *pinch* of salt.

METHOD.—Remove the skin from the suet and chop it very finely. Put it in a basin with the flour, sugar, baking powder, and salt. Beat up the egg and stir in. Work into a smooth paste and fill into small well-greased timbale or *dariole* moulds. Cover each with buttered paper and steam for 45 to 60 minutes.

Turn out and serve with honey, jam, or golden syrup.

## TAPIOCA PUDDING.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 1 *table-spoonful* *tapioca*, 1 *small* *dessert-spoonful* *castor sugar*, 1 egg, *flavouring essence*.

METHOD.—Put the tapioca to soak in the milk for a few minutes, then cook over

the fire until the tapioca is quite tender. When it is cooked let it cool slightly, then add sugar and beaten egg, and a few drops of flavouring essence. Butter a pie-dish, pour the pudding into it, and bake for about 20 minutes.

Tapioca contains a considerable quantity of starch. The starch must be dissolved before it can be digested, and will therefore require gentle cooking. Its use as a food is more on account of the milk and egg, for tapioca in itself contains but little nourishment.

### GROUND MALT PUDDING.

INGREDIENTS. — 1 *table-spoonful ground malt*, 1 *egg*,  $\frac{1}{2}$  *pint milk*.

METHOD.—Boil the milk, stir in the ground malt, and continue to stir until the malt is perfectly cooked. Strain through a coarse cloth to remove the husks, break the egg, beat up and mix in; pour into a buttered pie-dish, and bake for 10 minutes.

### HOMINY PUDDING.

INGREDIENTS. — 2 *oz. baked hominy*,  $\frac{3}{4}$  *pint milk*, 1 *egg*, *sugar and flavouring essence*.

METHOD.—Boil up the milk and pour over the hominy, stir, cover and let it stand to soak for a few hours. Beat in the egg, sweeten to taste, and add a few drops of flavouring essence, or leave plain without sugar or flavouring. Pour the mixture into a greased pie-dish, and bake for 15 minutes.

## ARROWROOT CHARLOTTE.

INGREDIENTS.—3 *sponge cakes*, 1 *table-spoonful baked flour*, 1 *table-spoonful arrowroot*,  $\frac{3}{4}$  *pint milk*, 1 *yolk of egg*, 1 *oz. sugar*.

METHOD.—Cut the sponge cakes into thin slices, and line the sides and bottom of a plain mould (pint size) with this. Put the flour and arrowroot in a basin, mix with sufficient cold milk to form a paste, boil up the milk, add the sugar and stir in the paste, stir over the fire and cook gently for 10 minutes. Add the yolk of egg, cook a little longer without boiling. Let cool a little and pour into the prepared mould. Put the mould in a cool place and turn out when quite set.

## INVALID FRUIT PIE.

INGREDIENTS.—3 *sponge cakes*, 3 *apples or pears*, *stewed and rubbed through a sieve*, 1  $\frac{1}{2}$  *gills milk*, 1 *egg*, a *little sugar*.

METHOD.—Cut the sponge cake into thin slices, line a buttered pie-dish with some of the slices, fill up with alternate layers of fruit-pulp and sponge cake. Boil up the milk, remove from the fire, stir in the egg and beat well, pour this into the pie-dish and bake in a moderate oven for 15 minutes. Dredge with castor sugar and serve.

## BAKED ARROWROOT SOUFFLE.

INGREDIENTS.—1 *oz. arrowroot*,  $\frac{1}{2}$  *pint milk*,  $\frac{1}{2}$  *oz. sugar*, 2 *eggs*, *flavouring*.

METHOD.—Mix the arrowroot with a little cold milk, put the remainder on to boil; when boiling pour it on the arrowroot; return the mixture to the saucepan,

and boil until it boils away from the sides of the saucepan; stir the mixture very thoroughly all the time, or it will burn; add the sugar and flavouring; beat each yolk separately into the mixture; put the whites on a plate, and beat them with a knife to a stiff froth; work this gradually into the mixture with an iron spoon, and pour into a slightly-greased pie-dish; put into a hot oven, slightly reduce the heat, and bake for 20 minutes to half-an-hour.

*To test if cooked.*—Put a knife in the centre; if it comes out free from any mixture the soufflé is cooked and ready to serve.

*To dish up.*—Clean the edges of the dish, dredge with castor sugar, and serve at once.

### VANILLA SOUFFLE.

INGREDIENTS.— $1\frac{1}{2}$  oz. of butter, 1 oz. of flour, 2 gills of milk, 1 dessert-spoonful of castor sugar,  $\frac{1}{2}$  teaspoonful of vanilla essence, 4 eggs.

METHOD.—Melt the butter; stir in the flour; add the milk and cook until it leaves the sides of the pan clean. Take off the fire and add three yolks of egg, one at a time, beating well together. Add the castor sugar and the whites stiffly whipped. Steam about 40 minutes. Turn on to a hot dish and serve with wine or jam sauce.

### FLORADOR PUDDING.

INGREDIENTS.— $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  oz. castor sugar, 1 oz. Florador, the yolk of 1 egg, and white of one, beaten separately.

METHOD.—Put milk into the pan and bring it to the boil, then sprinkle in the

Flour and stir with a wooden spoon; let it boil for five minutes. When cooked let it cool slightly, then add the sugar and yolk of egg. Beat up the white of egg and add it last of all. Butter a small pie-dish, pour in the mixture, and bake for about twenty minutes in a slow oven.

### FRIAR'S OMELET.

INGREDIENTS.—2 apples, 1 oz. of sugar, a little grated lemon rind and lemon juice, 2 ozs. of butter, 2 well beaten eggs, some fine bread crumbs, and castor sugar.

METHOD.—Peel, core, and slice the apples, stew them with the sugar, a little grated lemon rind and a few drops of lemon juice, until they are quite tender, then add the butter. When quite cold add two well beaten eggs. Butter a mould and cover the sides and bottom thickly with fine bread crumbs. Put the apple pulp into the mould, and cover the top with bread crumbs. Bake for about half an hour in a moderate oven, then turn it out, and before serving sprinkle a little castor sugar over it.

### SWEET OMELET.

INGREDIENTS.—2 eggs, 1 teaspoonful castor sugar, a pinch of salt,  $\frac{1}{2}$  oz. butter, 1 table-spoonful jam.

METHOD.—Break the eggs into a basin, add half the sugar and a tiny pinch of salt, beat up well. Melt the butter in an omelet pan, pour in the eggs and stir over a quick fire till the mixture begins to set. Shape the omelet and let it brown slightly, put the jam in the centre of the omelet, fold in the ends and turn out on a hot dish or plate, sprinkle with sugar and serve.



## SOUFFLÉ OMELET.

INGREDIENTS.—2 yolks of egg, 3 whites of eggs,  $1\frac{1}{2}$  ozs. of castor sugar, 1 teaspoonful of corn-flour,  $\frac{1}{4}$  teaspoonful of vanilla, 1 table-spoonful of jam.

METHOD.—Put the yolks of egg and castor sugar into a basin and beat them with a wooden spoon or a whisk to a thick cream. Lightly stir in the flour, and add the whites whipped to a stiff froth. Flavour with drops of vanilla essence. Place in a buttered omelet-pan and bake in a quick oven for ten minutes. Turn out; place the jam in centre, and fold over; dish up and serve.

## PLASMON CABINET PUDDING.

INGREDIENTS.—4 ozs. of stale cake, biscuits or bread,  $\frac{1}{2}$  pint milk,  $\frac{1}{2}$  oz. Plasmon, 1 egg, 1 oz. castor sugar, a grate of nutmeg.

METHOD.—Cut the cake, biscuit, or bread into dice shapes. Sprinkle the Plasmon over it, and put it in a buttered pudding mould. Beat up the egg, add the milk, the sugar and nutmeg, and beat well. Pour this into the mould, let it stand for half an hour to soak, and steam for one and half hours. Serve with jam sauce.

## PLASMON CREAM.

Take three table-spoonfuls of dissolved Plasmon stock, and put into a large cup, whisk briskly until quite thick; add sugar and flavouring to taste.

The stock should be quite cold; if made over-night it gives the best results.

## Cold Sweets, Jellies, Creams, etc.

### MILK JELLY.

INGREDIENTS.— $\frac{1}{2}$  pint milk,  $\frac{1}{4}$  oz. gelatine, rind of  $\frac{1}{2}$  lemon, 1 oz. loaf sugar.

METHOD.—Weigh the gelatine, put it in the saucepan with the milk, add the sugar, wipe the lemon with a damp cloth, peel the yellow peel off very thinly, add it to the other ingredients, stir the jelly over very moderate heat until the gelatine is melted, strain the jelly into a basin, and stir it occasionally until it is cool; mould in prepared moulds, and put in a cool place to set.

To dish up, dip the moulds quickly in and out of hot water, and turn the jellies on a dish.

*To prepare the moulds.*—Glass and china ones should be dipped into cold water; tin moulds should be scalded, then put into cold water.

*The chief points* to make a successful jelly are:—(1) The jelly must not boil, if it does the milk curdles. (2) The jelly must be cool before it is moulded, or the gelatine will sink to the bottom of the mould. (3) The yellow rind only must be taken off the lemon, if the white peel is put in the jelly it makes it bitter.

NOTE.—Gelatine added to or mixed with milk makes it more digestible, the curds become much finer, and thus facilitate digestion.

## LEMON JELLY.

INGREDIENTS.— $\frac{1}{2}$  *pint of lemon juice*,  $1\frac{1}{2}$  *pints of water*, 6 *ozs. of loaf sugar*, 1 *inch of cinnamon*, 4 *cloves*,  $2\frac{1}{2}$  *ozs. sheet gelatine*, *the rind of 4 lemons thinly cut*, 2 *whites of eggs and the shells*.

METHOD.—Put all these ingredients into a saucepan together. Whisk until it boils. Let it stand for five minutes. Strain through a clean cloth scalded. Set in a mould when clear. When it is firm turn out. If wine is desired, one gill of sherry may be put in and that quantity of water omitted. Jelly is tempting and refreshing, but contains very little nourishment.

## WINE JELLY.

INGREDIENTS.—1 *oz. gelatine*, 6 *ozs. loaf sugar*,  $1\frac{3}{4}$  *pints liquid (water and juice of 4 lemons)*, 1 *gill sherry*, 4 *lemons (rind and juice)*, 2 *eggs (whites and shells)*.

METHOD.—Put all the ingredients, except quarter-pint of wine, into a jelly pan, and whisk over moderate heat until the gelatine is melted, then increase the heat and whisk until the jelly begins to boil, stop whisking, let the jelly boil to the top of the saucepan, pour in half the remaining wine, boil the jelly up again, and add the remainder of the wine. Boil the jelly up a third time, then put it on one side for about ten minutes. Strain through a prepared jelly bag two or three times, until it is clear, mould in prepared small dariele or timbale moulds, and put in a cold place to set.

*To turn out.*—Immerse the moulds quickly into hot water, then cold, then turn out the jelly on to a glass dish.

*To prepare the jelly bag.*—Pour through it some hot water.

*To prepare the moulds.*—Rinse in cold water.

## STRENGTHENING JELLY.

INGREDIENTS.—1 pint port wine, 2 ozs. isinglass, 2 ozs. white wine, 1 oz. gum,  $\frac{1}{8}$  of an oz. of nutmeg (*grated*), sugar to taste.

METHOD.—Put these ingredients in a jar, tie it over; put the jar into a saucepan of warm water, let it remain in the saucepan till all is dissolved; it must be stirred constantly. When cold it will be a firm jelly. Give the invalid a piece the size of a nutmeg at a time.

## PRUNE JELLY.

Stew 6 ounces of prunes in sufficient water to cover them well, add a small piece of cinnamon and about half an ounce of loaf sugar. When sufficiently cooked add quarter of an ounce of gelatine previously soaked and dissolved in a little water and rub the fruit and juice through a sieve. Pour this into small moulds and let set. Serve with cream or custard.

## FIG JELLY.

Proceed the same as directed in the foregoing recipe, using figs in place of prunes.

## APPLE AND CUSTARD.

Pare and core a large apple, fill the cavity with moist sugar. Put a little water in a

pie-dish and bake. Make a custard with a gill of milk, a dessert-spoonful of sugar, a teaspoonful of cornflower and the yolk of one egg. Flavour to taste with a little vanilla after cooking, and pour around the baked apple.

## COCOA JELLY.

Mix one heaped-up table-spoonful Van Houten's cocoa with half a pint of cold water, stir over the fire till it boils, sweeten to taste, stir into it a quarter of an ounce of gelatine, previously soaked, and flavour with vanilla; pour into a wetted mould and let set.

Coffee may be treated in the same manner.

## PORT WINE JELLY.

INGREDIENTS.— $\frac{1}{2}$  pint of port,  $\frac{3}{4}$  pint of water, 1 oz. of sheet gelatine, 1 oz. sugar, 2 cloves, 1 inch of cinnamon, 1 lemon rind thinly peeled, 2 whites of eggs, and shells, 1 dessert-spoonful of red currant jelly, cochineal.

METHOD.—Put half a pint of water, the gelatine, sugar, cloves, cinnamon, lemon rind, the whites of eggs, stiffly beaten, and the shells, into a saucepan, and whisk till it boils. Take off the fire, and add the port; strain through a cloth. Dissolve the currant jelly in the other gill of water, and add after the jelly has been strained. Colour with cochineal. Set in a mould and turn out when firm.

## EGG JELLY.

INGREDIENTS.—1 pint liquid (*juice of 2 lemons made up to a pint with water*), 2 lemons (*rind and juice*), 6 ozs. loaf sugar, 2 eggs,  $\frac{1}{2}$  oz. gelatine.

METHOD.—Put the gelatine in a saucepan, add to it the sugar and lemon peel, strain the juice, and make it up to one pint with water, add this to the other ingredients, beat the eggs, add them; stir the jelly over a moderate fire until the gelatine is melted; strain, mould in prepared moulds, and when set turn out.

*The chief points.*—(1) The jelly must not be allowed to boil, if it does boil the albumen of the eggs becomes hardened and indigestible. (2) The lemons must be very thinly peeled, or the jelly is bitter.

## BLANC-MANGE.

INGREDIENTS.— $1\frac{1}{2}$  ozs of cornflour, 1 pint milk, 1 oz. of sugar, flavouring.

METHOD.—Mix the cornflour with a little cold milk, boil the remainder, and when boiling pour over the cornflour; return the mixture to the saucepan, and boil until it is reduced to about two-thirds of the original quantity; add the sugar and flavouring; mould in a prepared mould, and put in a cold place to set. When set, turn out into a glass dish, and serve by itself, or with jam or stewed fruit.

## LEMON SPONGE.

INGREDIENTS.— $\frac{1}{4}$  oz. gelatine, 1 lemon,  $\frac{1}{2}$  pint water, 1 white of egg, 1 oz. loaf sugar, or 2 tabloids of saccharine.

**METHOD.**—Soak the gelatine in cold water and strain off the water when the gelatine is soft. Put the gelatine and the water ( $\frac{1}{2}$  pint) in a clean and dry stew-pan, also the sugar or saccharine, the thinly-cut rind of lemon and its juice (strained), lastly add the white of egg beaten up and the shell (previously washed). Whisk this over the fire till the contents of the pan boils. Let simmer for a few minutes on the side of the stove, strain through a cloth into a basin. As the jelly cools, whisk it till it becomes creamy and almost stiff. Pour it into a mould or pile up in a glass dish, and serve when quite set.

**NOTE.**—A table-spoonful of brandy or sherry may be added if permitted by the doctor.

### IRISH MOSS BLANC-MANGE.

**INGREDIENTS.**— $\frac{1}{2}$  pint milk, 1 table-spoonful Irish moss, a tiny pinch of salt, flavouring if desired.

**METHOD.**—Wash the moss in several waters and pick it over carefully. Put it into a double boiler with the milk. Cook for about five minutes, or until it thickens when dropped on a cold plate. Add the salt, strain and flavour to taste. Pour into a custard cup which has been previously rinsed with cold water. Turn out on a plate when firm, and serve.

### SEMOLINA CREAM.

Soak one ounce of semolina in a gill of cold milk for an hour; then boil it until soft in half a pint of milk. Dissolve half an ounce of gelatine, previously soaked in



a little water, strain it into half a pint of boiling milk, mix this with the semolina, and add sugar and flavouring to taste. When the cream is beginning to set, pour it in a wet mould. Turn out when set.

## JUNKET

is an excellent preparation of milk. Patients have taken it readily when they have imagined they could not digest milk.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 1 teaspoonful sugar,  $\frac{1}{2}$  teaspoonful rennet, 2 drops of flavouring essence.

METHOD.—Dissolve the sugar in the milk. Warm the milk to 98 degrees Fah. Add the rennet and flavouring. Allow it to cool, and when firm place it on the ice for about an hour. Serve with castor sugar and cream if desired.

## GRUEL.

INGREDIENTS.—1 table-spoonful groats or fine oatmeal,  $\frac{1}{2}$  pint milk or water, salt, sugar (if liked).

METHOD.—Mix the groats with a little cold milk or water, boil the remainder; pour, when boiling, on the groats; return the mixture to the saucepan and boil for ten minutes, add the salt and sugar, and serve very hot.

## CRACKNEL GRUEL.

INGREDIENTS.—4 cracknel biscuits,  $\frac{1}{4}$  teaspoonful salt,  $\frac{1}{2}$  pint boiling water,  $\frac{1}{2}$  pint milk.

METHOD.—Crush the biscuits and mix the salt with them. Add some of the milk and water. Cook for a few minutes, and

add more milk and salt, if necessary, then serve. The flavour is improved and the digestibility increased if the cracknel biscuits are first browned in the oven before they are crushed.

### A NOURISHING GRUEL.

Half a pint of thin cornflour gruel made with milk. Beat the yolks of two eggs with a little sugar and a wine-glass of sherry or half of brandy, and beat this to the gruel. Serve warm with sippets of toast or plain biscuits.

### FLOUR GRUEL.

Mix a table-spoonful of flour with milk, enough to make a smooth paste, and stir it into one quart of boiling milk. Boil for half an hour, and be careful not to let it burn. Salt and strain. A very good gruel for diarrhoea.

### ARROWROOT GRUEL.

Mix a teaspoonful of arrowroot with four of cold milk; stir it slowly into half a pint of boiling milk, and then simmer for five minutes. Must be stirred all the time. Add a half-teaspoonful of sugar, pinch of salt, one of cinnamon (or in place of cinnamon use a little brandy or dozen of large raisins stoned). You can make a corn starch or rice flour gruel in the same way.

### MILK PORRIDGE.

INGREDIENTS.—1 *pint milk*,  $\frac{1}{4}$  *teaspoonful of salt* 1 *table-spoonful flour*, 2 *raisins*.

Heat the milk in a clean saucepan, saving enough cold milk to moisten the flour. Mix

the flour to a thin smooth paste. Add this gradually to the hot milk and cook for half an hour, or until the raw taste has disappeared. Stir until it thickens, then cover and cook over hot water (in a "Bain Marie"). Strain and serve with fresh milk or cream. The raisins are cut in quarters and cooked with the porridge. If nutmeg is liked sprinkle a little over the top.

### BREAD AND MILK.

Rub some bread crumbs through a fine sieve, cover with boiling water in a cup, place saucer on top, allowing the crumbs to steep 15 minutes, drain off the water, and pour on instead some warm milk. Beat well up, and then put the bread and milk into an enamelled saucepan, and boil gently for a minute or two, stand it aside to cool a little, and before giving to the patient, stir it, and see that it is nice and smooth, adding a little sugar and more milk if liked. (This can always be warmed again if wanted later on.)

This is usually called "typhoid" bread and milk, as it is the first solid food a typhoid patient is usually allowed.

### ARROWROOT CUP.

Put 1 tablespoonful of arrowroot into a cup, and mix with a tablespoonful of milk. Boil up  $\frac{1}{2}$  pint of milk in a saucepan, then pour it on to the arrowroot and return to the saucepan, add a teaspoonful of sugar and stir over the fire until it thickens. Serve in a small cup with a pinch of grated nutmeg on top.

## Cakes, etc.

### MILK SCONES.

INGREDIENTS.— $\frac{1}{2}$  lb. of flour,  $1\frac{1}{2}$  ozs. of butter, 1 teaspoonful cream of tartar,  $\frac{1}{2}$  teaspoonful carbonate of soda, about 1 gill of milk.

METHOD.—Sift the flour, cream of tartar and carbonate of soda into a basin, rub the butter in with the fingers, add the milk gradually, stirring it with a knife; knead the mixture in the basin, then turn it out on a slightly floured board, and knead until the dough is smooth; cut the dough in half, knead each half into a round shape, and divide down into four; put the dough on to a slightly-greased tin, and bake in a moderate oven for 30 or 40 minutes; break into quarters, put on a sieve to dry, sprinkle sugar over, and serve.

### SPONGE CAKES.

INGREDIENTS.—2 eggs, 2 ozs. castor sugar, 2 ozs. flour, flavouring, if liked.

METHOD.—Beat the eggs and sugar together until they are quite thick, sift in the flour, cut it in with an iron spoon with as few cuts as possible, put the mixture into prepared tins, put in a hot oven, reduce the heat, and bake the cakes until they are firm to the touch (about 15 minutes); remove carefully from the tins, and put on a sieve to dry; when cold sprinkle sugar over, pile on a dish, and serve.

*The chief points are:—*(1) To beat the eggs and sugar with a whisk until the mixture is as thick as thick cream, and will *drop* from the whisk, not pour. (2) To *cut* the flour in as lightly as possible. (3) Great care must be taken in the preparation of the tins and in the removal of the cakes from them after they are cooked.

*To prepare the tins.*—Grease well with clarified butter, and sift over equal quantities of sugar and flour.

## SWISS ROLL.

INGREDIENTS.—*The same as for Sponge Cakes.*

METHOD.—Make the mixture in the same way as for sponge cakes, spread it on a flat tin which has been greased with clarified butter and covered with kitchen paper, bake in a moderate oven until the cake is firm to the touch, turn out on to sugared paper, quickly spread over it some thin stoneless jam, and roll up; wrap firmly in the paper, and put in a sieve to dry; when cold trim the ends, sprinkle sugar over, and serve.

## JAM SANDWICH.

INGREDIENTS.—*Same as for Sponge Cake.*

METHOD.—Prepare the mixture in the same way as for sponge cake, bake on two round, flat tins, prepared as for Swiss roll, bake, turn out on tins; when cold put jam on one, cover with the other, and serve with sugar sprinkled over.

## LIGHT INVALID CAKES.

INGREDIENTS.—2 ozs. of butter, 3 ozs. of castor sugar, 2 eggs, 2 ozs. of flour, 1 oz. of cornflour, 1 teaspoonful of Paisley flour.

METHOD.—Cream the butter and sugar together; beat in the eggs; add the flour and Paisley flour. Bake in well-buttered patty pans or small dariole moulds for about 15 minutes. Ground rice may be used instead of cornflour.

## SCOTCH BREAKFAST SCONES.

INGREDIENTS.—1 oz. Brown and Polson's Paisley flour,  $\frac{1}{2}$  lb. ordinary flour, about a gill of sweet milk, a pinch of salt.

METHOD.—Mix the Paisley flour, ordinary flour, and salt well together in a bowl, dry. Make into dough quickly with the milk, adding the milk a little at a time till you have a moderately soft dough. Do not knead more than is necessary. Roll out flat on a floured board till about half an inch thick, and cut into circles or three-cornered pieces. Put at once into a hot oven or on to the griddle or hot plate sprinkled with flour. The hotter the oven the better will these scones be raised. In a quick oven they will take about five minutes to bake.

## CORNFLOUR CAKE.

INGREDIENTS.—4 ozs. Brown and Polson's "Patent" cornflour,  $\frac{1}{2}$  oz. Brown and Polson's Paisley flour, 2 ozs. butter, 3 ozs. sifted sugar, 2 eggs, grated rind of one lemon.

METHOD.—Measure out the ingredients. Butter a 1-lb. cake tin. Mix the cornflour

and Paisley flour well together. Beat the butter to a cream. Add the sugar, and mix well. Break in the eggs and beat all well together. Stir in lightly the cornflour mixture, and beat well till thoroughly mixed. Stir in the grated rind of a lemon. Pour into the prepared cake tin and put at once into a quick oven. Bake for half an hour, turn out and cool on a wire tray.

---

## Drinks for Invalids.

NOTE.—Certain drinks here given are supposed to be administered only under medical directions.

### SUSTAINING DRINK.

Take a small claret glass, half fill it with good fresh cream, put to it a small teaspoonful of good brandy, fill up with aerated lime water (which will help to digest the cream) of which two or three pennyworth should be sufficient.

### WHITE OF EGG WITH MILK.

The white of a fresh egg beaten up slightly in a little chilled milk is very refreshing, and has no particular taste to which the patient could object. Also the whole of the egg may be beaten up in milk, but is sometimes found a little heavy, and to this a little brandy should be added.



## COFFEE AND EGG.

Yolk of egg only, nicely beaten up in a little warm milk and fresh coffee, makes a good morning drink.

## A NOURISHING FILLIP.

INGREDIENTS.—4 *whole eggs*, 3 *lemons*, two *saccharine tablets*,  $1\frac{1}{2}$  *pints of milk (cold)*,  $\frac{1}{2}$  *pint brandy*.

METHOD.—Place the eggs in a basin with the lemon juice, cover, and stand for three days (about 42 hours), turn them over every day. When the shell is dissolved, beat the eggs and lemon juice well together, strain into a jug, add to this next the tablets and brandy, and lastly the milk. Bottle and keep for use. Dose.—1 glass twice a day.

## BRAN TEA.

To a pint of wheat bran add a quart of boiling water; let it stand where it will keep hot, but not boil, for an hour. Strain, and serve with sugar and cream. This makes a palatable and nutritious drink.

## CORN TEA.

Parch brown a cupful of dried sweet corn; grind or pound it in a mortar; pour over it two cups of boiling water. Steep for a quarter of an hour. This is a light and nutritious drink.

## RICE COFFEE.

Parch and grind like coffee half a cupful of rice; pour over it a quart of boiling

water; stand where it will keep hot, but not boil. Strain, add boiled milk and sugar. Especially good for children.

### EGG WINE.

INGREDIENTS.—1 egg, 1 glass of sherry, 2 lumps of sugar,  $\frac{1}{2}$  pint of boiling water.

METHOD.—Beat the egg up well, add the sugar and sherry. Pour the boiling water on to the egg. Return to the saucepan, and stir till it thickens. Do not boil, or it will curdle. Serve. If liked it can be served when the boiling water is poured on, and need not be cooked in the saucepan.

### MILK POSSET.

Boil a pint of milk, pour this over two or three slices of soft bread, cut into dice, add a little grated nutmeg, a dessert-spoonful of castor sugar, and a tablespoonful of sherry or brandy. Serve up hot. This is excellent for colds.

### EGG FLIP.

INGREDIENTS.—1 egg, 1 dessert-spoonful of castor sugar, 1 glassful of sherry or brandy.

METHOD.—Stir the raw yolk and sugar in a tumbler till creamy, then add the wine. Beat the white to a stiff froth, and stir it lightly in. Serve. Half the juice of a lemon may be used instead of the wine, if liked.

## ALBUMENIZED MILK.

INGREDIENTS.—*The white of one egg,  $\frac{1}{2}$  pint of milk.*

METHOD.—Place the egg and milk in a covered glass jar. Whisk it until the ingredients are thoroughly blended. Sweeten and flavour to taste. Serve immediately.

## LEMON WHEY.

INGREDIENTS.—*1 pint of hot milk, 2 table-spoonfuls castor sugar, 1 small lemon.*

METHOD.—Heat the milk in a double boiler. Add the juice of a lemon. Cook until the curd separates, then strain through muslin cloth. Add the sugar to taste. Serve hot or cold.

## EGG TEA.

Beat the white of an egg to a stiff froth ; add to this the yolk of an egg, previously creamed with a dessert-spoonful of castor sugar. Mix both white and yolk together, and stir in half a cupful of boiling milk or water. Stir well, so as to thoroughly mix the egg, etc. Strain into a cup, and grate a little nutmeg on top. The latter is, of course, optional.

## WINE WHEY.

Boil up half a pint of new milk, add two table-spoonfuls of sherry, and let it stand until it curdles, sweeten with very little sugar, then strain and serve.

## ALUM WHEY.

(Only to be given under Medical Direction.)

INGREDIENTS.—1 pint of milk, 2 drachms of alum, a little grated nutmeg, 3 drops of syrup of cloves.

METHOD.—Boil the milk with the alum and when it curdles, strain it, and add a little grated nutmeg and a few drops of syrup of cloves.

## BARLEY WATER.

(1) *Clear.* INGREDIENTS.—2 ozs. pearl barley, 1 pint boiling water, rind and piece of 1 lemon, 4 lumps of sugar.

METHOD.—Blanch the barley, put it in a jug, add to it the boiling water, sugar, lemon peel, and strained juice, cover the jug, and when the barley water is cold, strain it.

Barley water is a nourishing as well as a cooling drink.

(2) *Thick.*—INGREDIENTS.—2 ozs. barley, 1 pint water, 1 teaspoonful lemon juice, 4 lumps sugar.

METHOD.—Blanch the barley, put it in a saucepan, with the water, sugar, and lemon juice, and boil until the water is reduced to about two-thirds of the original quantity; strain it; and use for diluting milk.

*To blanch barley.*—Cover it with cold water, bringing to the boil, and strain.

## BARLEY MILK.

INGREDIENTS.— $\frac{1}{4}$  lb. patent barley, 1 pint of milk,  $\frac{1}{2}$  pint of water, 1 dessert-spoonful of sugar.

METHOD.—Boil the barley in one pint of milk and half a pint of water for two hours,

sweeten it with one dessert-spoonful of sugar, and serve it while it is just warm.

### LAIT DE POULE.

Make an emulsion by beating up the yolks of two eggs, a teaspoonful of sugar, a little orange flour water, and a glass of hot water, which should be added quickly at the last, stirring all the time.

### RICE WATER.

*(A useful drink in diarrhæa, dysentery, etc.)*

Wash thoroughly one ounce of Carolina rice in cold water, then soften by steeping for three hours in a quart of water kept at tepid heat; afterwards boil slowly for an hour and strain. This may be flavoured with lemon peel, cloves, or orange flour water, and a little sugar added.

### LIEBIG STIMULANT OR NIGHT CAP.

Add a teaspoonful of *Lemco* extract of meat to  $\frac{1}{2}$  pint of hot water; sprinkle in a little pepper if liked, or better still add a little celery salt, which is a great improvement.

### OATMEAL TEA.

INGREDIENTS.—3 table-spoonfuls of coarse oatmeal, 1 quart of boiling water, the thin rind and juice of half a lemon, one table-spoonful of loaf sugar.

METHOD.—Put the oatmeal into a jug. Pour on it the boiling water and add the thin rind and juice of half a lemon, and the sugar. Cover the jug and let it stand near the fire for an hour or more. Then strain off the tea and serve it.

## KOUMISS.

INGREDIENTS.—1 *gill of sour butter-milk*,  
1 *gill of water*, 1 *pint of new milk*.

METHOD.—Put the above ingredients into a jug and stand it in a warm place for three days, mixing it well each day. On the third day fill a bottle two-thirds full, and cork it tightly. In two more days the koumiss will be ready to use.

## LEMONADE.

INGREDIENTS.—1 *lemon*,  $\frac{1}{2}$  *oz. of loaf sugar*,  $\frac{1}{2}$  *pint boiling water*.

METHOD.—Put the thinly peeled lemon rind, the lemon juice and sugar into a jug, and pour the boiling water over. Cover and let cool, then strain and serve. A little more sugar may be added if needed. Great care must be taken in peeling the lemon very thinly and to remove white skin afterwards, otherwise the lemonade will be bitter.

## ORANGEADE.

INGREDIENTS.—3 *oranges*, 1 *table-spoonful of sugar*, one *pint of very cold spring water*, a *small lump of ice*.

METHOD.—Squeeze the juice of the oranges into a jug and add the sugar and a little of the rind. When the sugar has dissolved, pour on the water. Strain before serving, and add a small lump of ice.

## SYLLABUB.

Dissolve two teaspoonfuls of sugar in one teaspoonful of wine. Put in a pint pitcher and take it to the cow; milk into it until the foam reaches to the top.

## EGG LEMONADE.

INGREDIENTS.— $\frac{1}{2}$  *pint of water*, 1 oz. *loaf sugar*, 1 *lemon*, 1 *egg*,  $\frac{1}{4}$  *teaspoonful bi-carbonate of soda*.

Make a thin syrup by boiling the water with sugar. Add the grated rind of the lemon and its juice. When cold strain the lemonade and whisk the egg. Stir this in lightly, and add just before serving the bi-carbonate of soda. Serve while foaming.

## EGG WATER.

Stir the whites of two eggs into half a pint of ice water without beating. Add enough sugar or salt to make it palatable. Especially good for children teething and for diarrhoea.

## EGG BROTH.

Beat one egg and half a teaspoonful of sugar until very light. Pour into it a pint of boiling water. Stir it to keep it from curdling. Add salt and keep it hot.

## LEMONADE WITH EGG.

Beat one egg with two table-spoonfuls of sugar until very light; stir in three table-spoonfuls of cold water and the juice of a small lemon. Fill a glass with pounded ice. Drink through a straw.



## GUM-ARABIC DRINK.

Dissolve an ounce of gum-arabic in a pint of boiling water ; add two tablespoonfuls of sugar, a wineglass of sherry and the juice of a large lemon. Cool and add ice.

## FLAX-SEED LEMONADE.

Into a pint of hot water put two tablespoonfuls of whole flax-seed ; steep for an hour, strain and add juice of a lemon. Put on ice till wanted.

## ALBUMEN WATER.

INGREDIENTS.—*White of 1 egg, 2 to 3 table-spoonfuls water, salt or lemon juice to flavour. Occas. : stimulants.*

METHOD.—Whisk white to a stiff froth, add water, cover and leave till all dissolved, add flavouring.

Given where milk cannot be digested easily ; and for Typhoid cases.

## TOAST WATER.

Toast three slices of stale bread very dark brown, but do not burn ; put into a pitcher, pour over it a quart of boiling water, cover closely and let it stand on ice until cold. Strain ; a little wine and sugar may be added if desired. Especially good for nausea from diarrhœa.

## IRISH MOSS.

Wash thoroughly carrageen moss ; pour over it two cups of boiling water ; let it stand where it will keep hot for two hours, but do not let it boil. Strain, add juice of lemon and sugar to taste.

## MULLED WINE.

Into half a cup of boiling water put two teaspoonfuls of broken stick cinnamon, half-dozen small cloves. Let them steep for ten minutes and then strain. Beat together until very light, two eggs, two tablespoonfuls of sugar, and stir into the spiced water. Pour into this one cup of sweet wine, boiling hot. Pouring it several times from one pitcher to another will make it light and foamy. Serve hot. Do not boil in tin.

## APPLEADE

is made by boiling apple rinds in as much water as will cover them for two hours, strain and sweeten with sugar candy. If flavour is liked, add a few drops of lemon, cloves or cinnamon essence.

## LINSEED TEA.

Put one ounce of whole linseed into a quart of cold water after being washed. Boil for an hour, strain and flavour with lemon or orange. The nicest flavour is liquorice, which should be added when the linseed is put on the fire (a piece the size of a hazel nut), but this is most suitable when the patient is in bed as it induces perspiration.

## ALMOND RESTORATIVE

(VERY NOURISHING).

Blanch and peel two ounces of sweet almonds and six bitter ones. Pound them with a little cream till smooth, then mix in slowly a pint of new milk. Strain and sweeten with saccharine or sugar.

### **LINSEED DRINK.**

Half a pound of linseed to three pints of cold water. Let it simmer very gently for two hours, squeeze through muslin, and sweeten or flavour to taste. A breakfast cupful once a day may be taken by consumptive patients with good results.

### **MILK PUNCH.**

Half pint of fresh cold milk, two teaspoonfuls of sugar, one ounce of brandy or sherry, and stir until the sugar is dissolved.

### **EGG NOG.**

Beat the white of an egg stiffly, then stir into it a table-spoonful of sugar, the yolk of an egg, table-spoonful of ice water, milk and wine. Do not beat it, but stir gently.

### **HOT EGG NOG.**

Beat the yolk of an egg with a table-spoonful of sugar. Stir into this a pint of milk at the boiling point; add one table-spoonful of brandy or whiskey, and serve very hot.

### **ICED DRINK.**

Put the juice of a lemon to a pint of water in which an ounce of lump sugar has been dissolved, add the white of an egg, and beat well up. This is delicious iced.

## TAMARIND WATER.

Boil two ounces of tamarinds with four ounces of stoned raisins, and three pints of water for an hour. Strain and stand till cold.

## ARROWROOT AND BLACK CURRANT DRINK.

Boil two table-spoonfuls of black currant jam in a quart of water, cover it, and stew gently for half an hour. Strain and put on the fire again. Mix in a table-spoonful of arrowroot in a paste, boil a few minutes, and stir till cold. Strain.

## APPLE WATER.

Pour a pint of boiling water, sweetened, over a couple of roasted apples. Stand covered for three hours, and strain.

## TO MAKE COCOA.

PROPORTIONS.—1 *teaspoonful of cocoa to a cup of milk or water per person.*

METHOD.—Put the cocoa in a cup or jug, boil up the milk or water and pour over the cocoa, stir, return to the pan in which the liquid was boiled, continue to stir until it boils, then serve, adding sugar to taste. Most cocoas may be prepared without boiling, but it is a great improvement to allow it to boil just for a couple of minutes; it develops the flavour considerably. The above method is especially suitable for Van Houten's cocoa.

## RAISIN TEA.

INGREDIENTS.— $\frac{1}{2}$  lb. raisins split and stoned, 1 pint boiling water.

METHOD.—(1) Make by infusing in the same way as ordinary tea is made ; or

(2) Put the raisins and boiling water into a saucepan and cook rather slowly for about two hours, strain and it is ready for use or can be cooled first.

Raisin tea is a good, mild laxative, one often used after abdominal operations, five ounces being given every four hours, alternating with milk, five ounces every four hours.

## TO MAKE CHOCOLATE.

PROPORTIONS.— $\frac{1}{2}$  pint of milk to 1 oz. of chocolate.

METHOD.—Put the chocolate into a stew-pan or enamelled sancepan. Add a little water and commence stirring over the fire with a wooden spoon until it is a smooth paste. Boil the milk and pour it over the chocolate, stir with a wooden spoon till it boils, and allow it to boil for two minutes. Serve and sweeten to taste.

Cocoa and chocolate possess the same constituents as tea and coffee, the alkaloid in them being called “theobromine,” and in addition to this it may be said that both cocoa and chocolate are rich in fatty matters, starch, and gluten ; consequently the latter two are more nourishing beverages than tea and coffee.

## TO MAKE TEA.

PROPORTIONS.—2 heaped-up teaspoonfuls of tea,  $\frac{1}{2}$  pint of boiling water, milk and sugar to taste.

**METHOD.**—Heat the teapot, then put in the tea. Watch the water and pour on to the tea as soon as it *boils*. Put the lid on the pot and allow to stand for three minutes. The tea should then be served immediately. A heaped-up teaspoonful of tea and half a pint of water is the usual quantity allowed per person.

### TO MAKE COFFEE.

**PROPORTIONS.** —  $1\frac{1}{2}$  *heaped-up tablespoonfuls of ground coffee*,  $\frac{1}{2}$  *pint of boiling water*,  $\frac{1}{2}$  *pint of boiling milk*, *sugar to taste*.

**METHOD.**—See that the jug or coffee pot is perfectly clean, warm it, put the coffee in the jug, which should have a strainer, or failing this a muslin bag will do. Pour the boiling water on the coffee, cover well and let it stand on the top of the stove for five minutes; serve with hot milk and sugar to taste.

## Sundry Preparations.

### BREAD PULP.

Soak about four ounces of stale soft white bread for several hours in water, then squeeze out all the water, put the bread pulp into a stew-pan with half a pint of water, and boil for an hour. Then pass it through a fine sieve, and when cold and set, it should be of a jelly-like form, which may be eaten with cream, or preserved fruit. It can also be served warm, when it may be mixed with beef extract or beef essence.

### MILK WITH SAGO

boiled in it, and strained, is very nourishing. The proportions are about one pint of milk to half an ounce of sago.

### CALFSFOOT JELLY & CHAMPAGNE.

Take a little jelly, dissolve carefully, add a little champagne. Beat both together until very light and frothy, and put into a champagne glass. This can be given a little at a time, and does not spoil quickly if kept cool.

### WHISKED WHITE OF EGG.

Beat the white of a fresh egg on a china plate until very stiff, add a squeeze of lemon when ready, and a little powdered sugar if liked. This is very sustaining.

### SPONGE FINGERS,

dipped in champagne or a little chilled milk, make a good change. Champagne and cold milk (half and half) is very strengthening, but must not stand long.

### BENGER'S FOOD

is invaluable for invalids. Full directions are given with packets. We found the patient could always relish this preparation when tired of other foods.

### EGG SILKY.

Whisk the yolk, or the whole egg very well; grate a little nutmeg on it; take a good teaspoonful of sugar, stir well together, pour in gradually about half a tumbler of boiling water; lastly add half a wineglass of whiskey. This is an excellent mixture for a cold.



## Peptonized Foods.

For patients whose digestive organs are extremely weak, this kind of food is of the utmost value; because part of the digestion is thereby accomplished, and the digestive functions of the stomach are lessened. Peptonized food must be administered with every precaution and care, and only under medical directions.

To peptonize any liquid food or stimulant a certain quantity of liquor pancreaticus and bicarbonate of soda is employed in the form of an infusion. The quantity used varies according to the degree of peptonization. To one pint of liquid the average quantity used is one table-spoonful of liquor pancreaticus, and a salt-spoonful (25 grains) of bicarbonate of soda (sodium). Liquor pancreaticus is a chemical preparation, produced from beef pancreas (*pancreatine*), which acts similarly to pepsin, possessing the power of digesting albumen and turning it into soluble albumen.

As soon as the liquid has reached the degree needed, it must be served immediately, or else it must be boiled up at once so as to prevent any further action of the liquor pancreaticus; otherwise (if left standing too long), a bitter and objectionable flavour will be imparted. If peptonized milk is consumed as soon as the process is carried far enough, that is, to the degree needed by the patient, the actual boiling need not take place.

### PEPTONIZED BEEF TEA.

INGREDIENTS.— $\frac{1}{2}$  lb. *finely shredded lean beef*, 1 *table-spoonful liquor pancreaticus*,

20 grains bicarbonate of soda,  $\frac{1}{2}$  pint water, tiny pinch salt.

METHOD.—Put the beef, bicarbonate of soda and water into an enamelled saucepan, heat up very slowly, whilst stirring, until it has reached 140 degrees of Fahrenheit. Keep it at this temperature for about half an hour. Allow to cool a little, and add the liquor pancreaticus, cover and keep in a warm place for an hour or so. Strain, re-heat, add a pinch of salt, and serve. Another way is to allow the beef tea to *simmer* for half an hour, and to pour it into a jug containing the liquor pancreaticus. Cover well with a flannel, so as to maintain the temperature. Allow it to stand for one hour. Strain, and re-boil for a second.

### BEEF TEA JELLY, PEPTONIZED.

INGREDIENTS.— $\frac{1}{2}$  pint peptonized beef tea,  $\frac{1}{2}$  oz. French gelatine.

METHOD.—Soak the gelatine in a little cold water, drain well and put it into the beef tea. Stir over the fire until the gelatine is dissolved, then strain into a tea cup or small mould. Keep it in a cool place or on the ice. Turn out on to a plate when set and serve.

### PEPTONIZED MILK.

Put half a pint of milk and one gill of water into an enamelled saucepan. Heat up without actually boiling (140 degrees Fahrenheit), then pour into a jug containing one level dessert-spoonful of liquor pancreaticus, and 20 grains of bicarbonate of soda. Cover the jug with a lid or flannel and keep in a warm place for one hour.

At the end of that time bring the milk to a boil. This will prevent the liquor pancreaticus from further action, which, if left unboiled, would make the milk very bitter. Boiling arrests the fermentation. Milk thus prepared can be used for various preparations, or may be served as ordinary milk, either hot or cold.

### PEPTONIZED SOUPS.

Stocks, or purées, used for soups are peptonized by adding a table-spoonful of liquor pancreaticus, and 20 grains of bicarbonate of soda, to every pint of liquid; the process being the same as specified in the case of peptonized milk or beef tea. Great care must, however, be taken in boiling the soups for a few minutes as soon as the desired stage of peptonization is reached, otherwise an unpleasant bitter flavour will be retained in the food, which is to most patients very objectionable.

### PEPTONIZED GRUEL, &c.

Make a gruel with one table-spoonful of fine oatmeal, or arrowroot, and half pint water. Boil it well, but gently, and add to it about half-pint of milk. Boil for several minutes longer, cool a little and add two teaspoonfuls of liquor pancreaticus, and a salt-spoonful of bicarbonate of soda. Cover and set aside in a warm place for about an hour, or longer. It should be watched and tasted from time to time, and as soon as a bitter flavour is perceived, it must be immediately boiled up. The preparation is then ready for serving. A pinch of salt should always be added just before serving.

In addition to oatmeal and arrowroot, gruel can be made from various other farinaceous articles; such as tapioca, sago, wheat flour, barley, etc., providing the ingredients used be thoroughly cooked and then cooled to the required temperature, before the peptonizing extract is incorporated.

Almost every kind of jelly, cream, custard, blanc-mange, and light pudding can be peptonized by adding the fluid liquor pancreaticus and bicarbonate of soda in the manner and in proportionate quantities described in the foregoing recipes.

### DIET FOR CORPULENCY.

In all cases where a special diet table is ordered by the doctor it is essential that the rules laid down be carefully followed. Persons suffering from corpulency who are desirous to reduce their weight and become better in health are recommended to strictly adhere to the following advice, which has proved successful in very many cases :—

1. That plenty of exercise be taken daily.
2. That only three meals a day be consumed.
3. That the food shall consist mostly of "albuminoids," *i.e.*, fish, meat, and eggs. Starch containing foods, including farinaceous foods, must not be taken.
4. The quantity eaten at each meal must be restricted according to the doctor's orders.

*Foods to be avoided as much as possible.*

Bread, pastry, sugar, beer, potatoes, butter, cream, wines, milk puddings, fat

meats, much milk, oily fish such as eels, herrings and salmon.

*Foods to be taken.*

Lean meat, game, toast, salads, fish, poultry, fruits, tomatoes, plenty of green vegetables, eggs, mushrooms, lemonade, soda water and tea in small quantities; saccharine is to be used in place of sugar.

---

## Diet and Diabetes.

### WITH RECIPES FOR DISHES SUITABLE FOR DIABETICS.

Diabetes might be described as a "sugary condition of the blood," and this sugar is separated from the blood by the kidneys, and got rid of in the urine. The patient becomes extremely irritable and emaciated, and is very quickly exhausted and, through exhaustion, may become unconscious and die in that state.

Milk contains a large amount of nitrogen in the form of casein and fat, and on that account it should be very largely used,—but it also contains one of the prohibited ingredients, *viz.*, sugar, and in almost the same proportions as casein. This sugar of milk, however, is rather different to ordinary sugar; and sometimes milk in its ordinary condition is allowed, but some doctors prohibit the use of milk on account of the sugar it contains.

Milk can now be obtained in a specially prepared condition for diabetics, and this

should be used whenever possible; but the process of separating the sugar is an expensive one, consequently the milk, owing to its extra cost, is beyond the reach of many patients.

Eggs are extremely nutritious, and contain a larger percentage of fat than milk, and for this alone should be largely used in diabetes diet. They have another advantage, as they contain no sugary or starchy matter whatever. Eggs can also be used in a great variety of ways, and for sweets and savouries.

Cream and other fats should be used whenever possible, because the patient being deprived of starch loses a large amount of the group of foods known as "heat producers," which consist of fat and starch.

#### MEALS FOR PERSONS SUFFERING FROM DIABETES.

BREAKFAST.—*Bacon, eggs, almond bread, toast, butter, marmalade, coffee.*

Bacon, eggs, butter, gluten bread—toasted or fried, coffee.

LUNCH.—*Soup made with ordinary stock.*

Soup made from meat and bone stock, with no vegetable flavouring or thickening of any kind.

*Meat, artichokes, and green vegetables.*

Meat, greens, custard, sweetened with saccharine and milk, deprived of its sugar.

*Fruit and custard, cheese.*

Cheese with gluten bread or Plasmon biscuits, or sometimes a little very well toasted bread is allowed.

TEA.—*Bread, butter, almond cake, tea.*

Almond or gluten bread and butter, cocoanut cakes, tea.

*Soup, fish sauce.*

Soup—specially made, fish, mayonnaise sauce or Plasmon sauce.

DINNER.—*Meat, artichokes, and green vegetables.*

Meat, spinach, or other green vegetable.

*Sweets.*

Stewed unripe fruits, sweetened with saccharine, cream or junket.

*Cheese, bread or biscuits, butter.*

Cream, cheese, almond biscuits, butter.

The diabetic must go without bread, most puddings, and all ripe fruits.

### DIET TABLE.

The following strict diet is recommended by Dr. N. E. Yorke-Davies, and endorsed by other physicians :

BREAKFAST.—Tea or coffee without sugar or cream, one egg and bacon, and two or three slices of nut bread with butter.

DINNER.—Bouillon of broth ; beef, mutton or chicken, spinach, asparagus or wax beans ; salad of lettuce or tomatoes with cheese ; black coffee without sugar.

SUPPER.—Tea or coffee without sugar or cream, meat, fish or mushrooms ; a salad of tomatoes, lettuce or chicory ; two or three slices of nut bread.

AT BEDTIME, or in the evening, an egg lemonade made with saccharine can be given. Use as much butter as possible on bread, and oil on salads ; eat fat meats by preference.





## Diabetic Foods.

### SOUPS.

Under this heading we can take teas (beef and mutton) or broth. Soups and broths must always be made from meat and bones only. No starchy substances or root vegetables; cabbage, lettuce, spinach, etc., may be added to the soup during its cooking, or cooked separately and added, chopped first before dishing up. Plasmon, beaten yolk, or almond flour can be added to slightly thicken the soup, and cream to enrich it.

### FISH.

Any kind of fish can be given to a diabetic, and it can be cooked by any method liked, except deep frying; because for this method it is necessary to coat with egg and crumbs, and the latter is a prohibited ingredient.

### COOKING OF MEATS.

Any meat (butchers' or game) can be used, but the more digestible meats are better, *e.g.*, chicken, rabbit, etc.; though beef and mutton are more nourishing, and can very often be as easily digested as chicken. Any game can be used, but it

should not be "high." Sweetbread or any other viscera can be used. Sweetbread can be rolled in bacon and stewed.

Meats can be cooked by the ordinary methods, or by braising or Warrenising. Braising is cooking the meat on a bed of vegetables and a little stock, in a saucepan with a special lid, which is filled with hot coals so the meat is steamed and roasted at the same time. To Warrenise is to cook meat in a double saucepan; the lower one has water in it, the upper one has the meat and vegetables.

## BREAD.

First we must try to find a good substitute for bread. At present, gluten and bran bread are most generally used, neither of which is liked in the form it is sold; but both can be made more appetising by being toasted or fried. Bread can also be made successfully from Plasmon (made from the nitrogenous part of milk) and almond flour; but up to the present, no really good substitute has been found to take the place of the "staff of life."

## VEGETABLES.

There is no vegetable which can really take the place of the forbidden potato. Green vegetables contain no starch, and should be largely used; cabbage, spinach, lettuce, cucumber, etc., can all be used. The latter can be cooked in the same way as vegetable marrow. Lettuce can be cooked like cabbage, or it can be first boiled for about ten minutes—like cabbage—then

stewed in brown stock, and served in it. Cabbage should be cooked in rapidly boiling water, well drained, chopped finely, and mixed with melted butter.

## **STARCHLESS AND SUGARLESS DIET FOR DIABETICS.**

Observance of the following diet list approved by medical authorities ensures the starchless and sugarless diet, essential for the treatment of Diabetes and Obesity.

**MAY EAT.**—Roast, boiled, fried, grilled, or other meat of all kinds ; ham, bacon, or other smoked, salted, dried, or cured meats ; poultry, game ; shell fish and fish of all kinds, fresh, salted, or cured ; consommé and other soups not thickened, beef tea, and broths ; eggs cooked in any way ; cheese, including cream cheese, butter, cream ; cauliflower, spinach, turnip-tops, turnips, French beans, Brussels sprouts, broccoli, cabbage, asparagus, seakale, vegetable marrow, mushrooms, watercress, mustard and cress, cucumber, tomato, lettuce, endive, radishes, celery, rhubarb ; vinegar, oil, pickles ; jellies and custard sweetened with saccharin, savoury jellies, aspic and cream, blanc-mange made with isinglass or gelatine and cream, nuts of any description except chestnuts ; olives, capers. Saccharin may be used as a sweetening agent whenever desired. Diabetic bread, diabetic biscuit, and diabetic cake specialities.

**MAY DRINK.**—Tea, coffee, cocoa from nibs ; dry sherry, claret, dry sauterne, Burgundy, chablis, hock, brandy, whisky, and other unsweetened spirits ; soda and other aerated table waters, light dinner or bitter ale in small quantities, and other sugarless beverages.

**MUST AVOID EATING.** — Sugar in any form, wheaten bread and biscuits of all kinds, toast, rice, arrowroot, corn flour preparations, oatmeal, sago, tapioca, macaroni, vermicelli; potatoes, carrots, parsnips, beetroot, peas, Spanish onions; pastry and puddings of all kinds; fruit of all kinds (lemons excepted), fresh and preserved; sauces and gravies thickened with ordinary flour.

**MUST AVOID DRINKING.**—Milk, except sparingly; sweet ales, mild and old, porter and stout, cider, all sweet wines, sparkling wines, port wine, except sparingly, liqueurs.

Diabetic specialities are made and supplied by Messrs. Callard & Co., of Regent Street, and Bonthron & Co., of 106 Regent Street, and 50 Glasshouse Street, W.

### **GLUTEN CASEIN.**

In the treatment of Diabetes, one of the most important elements is the dietary of the patients, and in the matter of bread stuffs it is necessary to eliminate all starchy elements. For many years the chief substitute was gluten, extracted from the flour of wheat and dried in its natural state. This was far from being pleasant to the taste, was very irreducible in the mouth, and difficult of mastication. Even now, when the terms Gluten Bread and Biscuits are used for bread substitutes in diabetic dietary, it is difficult to prevent mentally associating with them the only kinds available 20 or 25 years ago.

To produce a fresh bread, as palatable as such bread can be made, in the form of pure gluten, and in combination with flour of almond and other nuts, Messrs. Bonthron have introduced their new preparations.

This has enabled them to produce an excellent substitute for fresh bread, as well as such a variety of biscuits and rusks as to afford a perfectly safe food, with pleasant variety and change in diet. In addition to the gluten preparations the use of specially prepared starchless Casein affords a basis for bread and biscuits, which meet the most stringent medical requirements as a diabetic food, and are at the same time as attractive in appearance and agreeable to the taste as ordinary biscuits. The most popular form of these are the "Bon Santé" Biscuits, recommended as weight reducers as well as a diabetic food.

## SAUCES.

The foundation for most plain sauces is in flour and some liquid—milk, stock or water—and it is very difficult to get anything to take the place of flour. The best substitute so far for it is Plasmon, which can be used in the same way as wheaten flour.

INGREDIENTS.—2 ozs. *butter*,  $1\frac{1}{2}$  ozs. *Plasmon*, 1 *pint of milk or water*.

METHOD.—Melt the butter in a saucepan, add the Plasmon, mix together, add the milk, and boil till thick. For a savoury sauce add salt and pepper, chopped parsley, oysters, chopped white of egg, or shrimps, etc., can be used. Pour the sauce over the fish, or serve in a sauce boat.

A sweet sauce is made by adding saccharine and flavouring instead of pepper and salt. A yolk of egg can be beaten up thick, and then thinned down with a little vinegar or milk, and cream added.

## SWEETS.

Gooseberries and a few other fruits can be cooked, when unripe in water flavoured with saccharine, and served with custard, junket, or cream, all three sweetened with saccharine. No "puddings" or pastry can be used, but *souffles* made with Plasmon, or almond flour, can be substituted for flour.

## CAKES.

Ordinary cakes are not allowed, as they contain flour and sugar, but almond flour or Plasmon can be used instead of flour.

A number of cakes can be made with almond flour and flavoured with any essence; several recipes are given.

## BREAKFAST DISHES.

Buttered eggs on fried or toasted gluten bread, buttered; hot sardines on ditto, eggs in cups.

Grease a small mould with butter, lined with chopped parsley or chopped meat; put the egg in, add one teaspoonful cream, stand jar in flat saucepan nearly half full of water, let the water boil till the egg is set, turn it out on to torrifed bread, or on to toasted or fried gluten bread.

Savoury custards—already mentioned. Fried, poached, and plainly-boiled eggs can be given.

Hot marrow on torrifed gluten or bran bread makes an appetising and very nutritious dish.

Omelet, either savoury or sweet, can be given if saccharine is used instead of sugar.

Sweetbreads, stewed and fried in bacon, make a nice, nourishing dish.

Mushrooms are nutritious, and contain no starch or sugar, and can be fried or stewed in milk, and the milk thickened with Plasmon or almond flour.

Cheese can be given in its ordinary state, or it can be used as a flavourer, or can be mixed with butter, heated, and served on some substitute for bread.

---

---

## Recipes for Dishes suitable for Diabetics.

### THICK SOUP.

INGREDIENTS.—1 pint water,  $\frac{1}{2}$  lb. gravy beef, 2 tablespoonfuls Plasmon, 1 tablespoonful cooked and chopped cabbage,  $\frac{1}{2}$  tablespoonful salt, cream if liked.

METHOD.—Remove the fat from the meat, cut the meat into small pieces, put it into a saucepan with the cold water and salt and spices (if being used), bring to the boil, and keep on for one and a half hours. Skim, add the Plasmon, mixed to a paste, with milk or water; bring to the boil, strain, add cream (if being used), and green vegetables. Serve very hot. Some of the meat, finely chopped, can be added, if liked, or a poached egg. This soup may be varied by using chicken, mutton, or veal instead of beef, and milk and water, or milk only, instead of water. If the patient is allowed onions, they improve the taste of the soup. Slices of cucumber, cooked



lettuce, cabbage, spinach, etc., can be added, and the soup may be made thicker by using more Plasmon, or the Plasmon need not be used at all.

## VANILLA SOUFFLÉ.

INGREDIENTS.—2 ozs. *Plasmon*,  $\frac{1}{2}$  pint *milk*, *saccharine*, 2 eggs, *flavouring essence*, or *grated lemon peel*.

METHOD.—Mix the milk and Plasmon together, boil till thick, add the saccharine and yolks and flavouring, put the whites on a plate and heat till thick and frothy, stir carefully into the other ingredients; pour the mixture into a greased pie-dish and bake for about twenty minutes, and serve at once. The mixture can be put in a greased basin, and steamed, turned out on a hot dish and sauce poured over it.

## SAVOURY SOUFFLÉ.

A savoury *soufflé* can be made by using pepper and salt, and any other ingredient like parsley, chopped meat, etc., instead of saccharine and flavouring; and a fish *soufflé* by using fish stock instead of milk and oysters, or shrimps instead of saccharine and flavouring.

## BAKED ALMOND SPONGE.

INGREDIENTS.—1 oz. *almond flour*, 2 *whites of eggs*, salt, and *saccharine* (if liked).

METHOD.—Beat the whites till stiff, add the flour, bake in a hot oven for fifteen to twenty minutes in a greased tin.

This makes a good substitute for bread.

## JUNKET.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 1 teaspoonful rennet, saccharine, cream.

METHOD.—Warm the milk, add to it the rennet and saccharine; when it is set put on it some whipped cream.

## SWEET CUSTARD.

INGREDIENTS.— $\frac{1}{2}$  pint milk, 2 eggs, flavouring, saccharine.

METHOD.—Beat the eggs, add the other ingredients, and bake in a pie-dish, “boil,” or pour in greased basin, or small jars, and steam. The baked custards can be served hot or cold; the “boiled” is generally served cold, and steamed hot.

## SAVOURY CUSTARD.

A savoury custard can be made by using pepper, salt, and parsley, instead of saccharine and flavouring, and, if liked, stock instead of milk; the mixture can be steamed in one jar, or in several little ones—each custard being differently coloured, and turned out on to torrified buttered bread, or toasted, or fried gluten bread, with anchovy butter on it.

“Torrified Bread” consists of thin slices of ordinary bread toasted till very brown, almost black. This, however, should only be used very sparingly.

## MILK JELLY.

INGREDIENTS.— $\frac{1}{2}$  pint milk,  $\frac{1}{4}$  oz. gelatine, rind of  $\frac{1}{2}$  lemon, saccharine.

METHOD.—Put all the ingredients into a saucepan, and stir over very moderate

heat until the gelatine is dissolved ; strain and mould, and turn out when set. Do not boil.

Vanilla, or any essence, can be used instead of lemon peel.

### EGG JELLY.

INGREDIENTS.— $\frac{1}{2}$  pint water, with juice of 1 lemon, rind and juice of 1 lemon,  $\frac{1}{4}$  oz. gelatine, 1 egg, saccharine.

METHOD.—Put all the ingredients into a saucepan, and stir over moderate heat till the gelatine is dissolved. Strain, mould, and turn out when set.

“Clear” jellies can be given to a diabetic if saccharine is used instead of sugar ; but as sugar very much helps to clarify a jelly, it is almost impossible to make a really “clear” one with saccharine.

### DIABETIC BREAD.

INGREDIENTS.—4 ozs. of almond meal, 2 table-spoonfuls of gluten meal, 2 teaspoonfuls of baking powder, 2 eggs, salt to taste, and 1 oz. of butter.

METHOD.—Mix the meal and powder together, beat the butter and add it, drop in one egg at a time, beating each well, bake twenty minutes in a shallow tin.

### ANOTHER WAY.

INGREDIENTS.—4 ozs. of almond meal, 2 table-spoonfuls of prepared bran, 1 oz. of butter, 2 teaspoonfuls of baking powder, 1 egg, and a little milk (about a table-spoonful).

METHOD.—Mix, as above, and bake. Either of the above recipes, especially the bran bread, cut into pieces the size of an ordinary rusk before the bread is cool, and browned in a moderate oven, is good.

## IMITATION OAT CAKES.

INGREDIENTS.—6 ozs. of almond meal, 2 table-spoonfuls of prepared bran, 2 eggs, 1 oz. butter, 1 teaspoonful of baking powder, salt to taste.

METHOD.—Beat the butter, add the almond meal and bran with the salt, and then the eggs well beaten, turn it on to a board and knead a little, with bran and almond meal mixed to prevent it sticking, roll out, cut into biscuits, not too large, bake for twenty minutes.

## BISCUITS.

INGREDIENTS.— $\frac{1}{4}$  lb. of almond meal, 1 hard-boiled egg, butter, margarine or dripping the size of an egg, 1 teaspoonful of baking powder, salt to taste—cayenne if liked, and 1 table-spoonful of butter-milk.

METHOD.—Melt the butter, press the egg through a sieve, mix the almond meal, salt, pepper, and powder together, add the egg, then the butter, beat well and spread on a tin in rounds, bake twenty minutes.—From the *Handbook of Diabetic Cookery*.

## COCOANUT CAKES.

INGREDIENTS.—2 ozs. Plasmon, 2 ozs. cocoanut (unsweetened), 1 oz. butter, saccharine, eggs or milk.

METHOD.—Cream the butter, add to it the Plasmon, saccharine, and cocoanut, then add sufficient milk or eggs, or both, to make the ingredients into a stiff mixture; put the mixture on a greased tin in small heaps, bake in a quick oven for ten to twenty minutes, put on a sieve till cold, and serve.

## Diet for the Gouty.

### A WEEK'S BILL OF FARE.

*Prepared for patients suffering from gout, and others.*

NOTE.—In all preparations where sugar is generally used, use saccharin in its place. Saccharin has been found by eminent physicians to be as valuable to the gouty as it is to the diabetic.

Vegetable soups, pureés, etc., are eminently suitable for the diet of gouty patients. When well made, and carefully seasoned, these soups are excellent and are sufficiently sustaining to prevent any patient feeling hungry. Milk is best if diluted with water.

#### FIRST DAY'S DIET.

*Breakfast.*—Coffee and milk, toasted bread, poached egg, with brown bread and butter.

*Dinner.*—Vermicelli soup, boiled chicken, and white sauce.

*Supper.*—A cup of beef tea, baked apples, and custard.

#### SECOND DAY.

*Breakfast.*—Van Houten's cocoa (made with milk and water), a small sole, grilled with a little butter mixed with lemon juice, toasted bread.

*Dinner.*—Tomato soup, fillet of beef with sauté potatoes, cauliflower au gratin.

*Supper.*—Fried whiting, stewed pears.

#### THIRD DAY.

*Breakfast.*—Tea and toast, cold ham.

*Dinner.*—3 to 4 oysters, 2 mutton cutlets and French beans, a slice of buttered toast with caviare or anchovy paste.

*Supper.*—A cup of mutton broth with pearl barley, cheddar cheese and pulled bread.

#### FOURTH DAY.

*Breakfast.*—Coffee with milk, sardines on toast.

*Dinner.*—Tapioca soup, a slice of roast mutton (well done) with mashed potatoes, stewed prunes and rice.

*Supper.*—Grilled haddock and toast, tomato salad.

#### FIFTH DAY.

*Breakfast.*—Cocoa made from nibs with milk, a slice of cod fried, toasted bread.

*Dinner.*—Artichoke purée (Palestine soup), roast pigeon with peas, orange fritters.

*Supper.*—Cold roast pigeon and salad, stewed rhubarb, or other fruit.

#### SIXTH DAY.

*Breakfast.*—Milk and soda or Apollinaris, savory omelet, and sippets of toasted bread.

*Dinner.*—Boiled chicken and cauliflower or asparagus, apricot soufflé.

*Supper.*—Rice pudding, toasted cheese.

#### SEVENTH DAY.

*Breakfast.*—Plasmon cocoa with milk or cream, scrambled eggs, on toasted tris-cuit.

*Dinner.*—Whitefish soup, Scotch collops, sprouts or other green vegetable (if permitted), suet pudding with honey.

*Supper.*—Grilled sole, maître d'hôtel butter, cup of tea, or milk and soda.



## Light Diet.

### SPECIMEN MEALS.

*Composed of liquid and light solid foods, more or less substantial in character.*

1. A cup of beef tea with sippets of freshly toasted bread, a steamed whiting with white sauce or parsley sauce, mashed potatoes, boiled custard slightly sweetened.
  2. A cup of chicken broth with a few dice of toasted bread in it, a broiled sole with maître d'hôtel butter, florador pudding.
  3. A cup of mutton broth, a small slice of boiled turbot with sauce, mashed potatoes (seasoned with yolk of egg, etc., shaped in a mould and browned in a hot oven), the wing of a roast fowl with gravy, stewed fruit.
  4. Julienne soup, grilled mutton chop, sauté potatoes, savoury eggs, lemon pudding.
  5. Chicken soup (white purée), grilled cod, maître d'hôtel butter, boiled mutton and vegetables (mashed turnips), sweet omelets.
  6. A plate of mock turtle soup, mutton cutlets with French beans, a poached egg on toast, cabinet pudding.
-



## Diet for Consumptives.

It has been proved that the nitrogenous loss by those suffering from consumption is extremely heavy, and Prof. Dettweiler was on the right road when he said "My kitchen is my best pharmacy." We have come to a time when the doctor's catch-word for consumptives is "Eat, eat, and eat plentifully," and it is somewhat remarkable that meat is made to play a very large part in the modern diet. At first there was a tendency to rely upon extracts and powdered meats, but it was very soon recognised that the nutritive properties of these was low and the heating propensities far too high. And so the doctors have come back to the butcher and the cook.

To-day physicians give their patients at least three good meals with a very liberal list of foods to choose from. It is pointed out that a too rigid attention to rules may be mischievous, as each person possesses predilections or antipathies for certain foods, and eating foods which are likely to disagree with them would certainly do more harm than good. Generally speaking, all nuts, alcohol, and vinegar are prohibited. Fat foods, such as butter, fat bacon, olive oil, fish preserved in oil, brains, *pâtes de foies*, oily fish (for instance, eels and salmon), marrow, honey, fruit preserved in sugar, and grapes are considered good. Potatoes and other highly carbonaceous foods should be avoided in summer. In acute stages of the disease finely minced raw meat is prescribed. As regards drink, the doctors pin their faith to beer, pure red wines, and in a minor degree tea and coffee.

I will now give a dietary for a whole week in use in the best French sanatoria for consumptives: —

#### SUNDAY.

*Breakfast.*—Coffee, milk, or chocolate with toast and jam, or cheese and butter.

*Luncheon, 12 o'clock.* — Hors d'œuvre: Tunny. Red mullet au gratin. Cold roast leg of mutton. Roast beef. Calves' brain in fritters. Croquettes of potatoes. Salad. Cheese. Fruit.

*Dinner, 6 o'clock.*—Tapioca soup. Bœuf à la mode, game or poultry. Baked potatoes. Rum omelet. Cake Moka.

#### MONDAY.

*Luncheon.* — Sardines. Calves' brains. Roast leg of mutton. Mashed potatoes. Macaroni au gratin. Cheese. Gâteaux. Fruit.

*Dinner.*—Spinach purée. Herb omelet. Veal, with white sauce. Potato stew. Whipped eggs.

#### TUESDAY.

*Luncheon.* — Tunny. Ham. Beefsteak. Fried potatoes. Roast pigeon. Cheese. Fruits, etc.

*Dinner.*—Potatoe soup. Boiled eggs. Leg of lamb. Haricot beans. Rice cake.

#### WEDNESDAY.

*Luncheon.*—Cucumbers in oil. Cold veal. Roast beef. Fried whiting. Sautéed potatoes. Macaroni with tomato sauce. Cheese. Fruits, etc.

*Dinner.*—Julienne soup. Eggs sur le plat. Boiled chicken. Lentils in gravy. Milk custard.

## THURSDAY.

*Luncheon.*—Sardines. Ham. Blanquette of veal. Crumbed cutlets. Potatoes maître d'hôtel, Cheese soufflé. Salad. Fruit, etc.

*Dinner.*—Haricot soup. Poached eggs. Soles au vin blanc. Ham and spinach. Semolina cakes.

## FRIDAY.

*Luncheon.*—Herring fillets baked in oil. Skate au beurre noir. Smoked tongue. Leg of mutton. Fried potatoes. Haricots. Cheese. Fruit.

*Dinner.*—Spring soup. Calves' brain fritters. Fish mayonnaise. Macaroni au gratin. French beans. Pancakes.

## SATURDAY.

*Luncheon.*—Sardines. Chicken with white sauce. Ham. Roast fillet of beef. Potatoes Hollandaises. Salad. Cheese. Fruit.

*Dinner.*—Purée of sprouts. Ham omelet Pike matelote. Nouilles au gratin Spinach. Rice croquettes.

These are the regular meals, but there are two, and sometimes three "extra-nourishment meals." At ten o'clock the patients are given two raw eggs, or finely minced meat and milk, or cheese (gruyère, Dutch, Cheshire, or fresh Stilton) with butter or toast, or sardines or tunny with bread and butter. Then at four o'clock they have raw minced meat, or two raw eggs or two sardines, or tunny, with toast and bread and butter and milk. Occasionally a light supper is taken between eight and nine. Dr. A. F. Plicque gives

the following table of nutritive values. The figures are percentages.

			Albumin- oids.	Carbo- hydrates
Parmesan	...	...	45	22
Ordinary cheeses	...	...	35	25
Caviare	...	...	31	18
Dried cod	...	...	39	2
Pease, beans, lentils	...	...	26	55
Ham	...	...	25	36
Smoked herring	...	...	21	9
Meat	...	...	20	9
Ordinary fish	...	...	18	2
Oily fish	...	...	18	23
Eggs (yolks)	...	...	16	12
Eggs (whole)	...	...	12	12
Rice	...	...	8	75
Bread	...	...	6	50
Milk	...	...	3	10
Dried fruits	...	...	2	55
Spinach, cabbages, etc.			2	6
Potatoes	...	...	1	21
Beef tea	...	...	$\frac{1}{2}$	2

The doctors insist upon good cooking, with very careful attention as regards seasoning. Spices as a rule are to be avoided, and over-cooking is also contrary to the medical treatment. At each meal one of the meat dishes must be hot and the other cold, with the object of tempting the appetite. The patients are induced to eat as much as possible, especially fish, birds, and meat. It is curious to observe that some diffidence is shown as regards garlic and onions. Of old, both these were considered to be something very much like specifics. As a matter of fact many people suffering from the early stages of consumption, or with a tendency to the disease, show a peculiar craving for onions, whether

of the acrid description or the milder large Spanish vegetable. And there are some medical men who regard this craving as a beneficial movement of nature. Dr. Pearce, of Plymouth, who has had opportunity of studying tuberculosis not only in Devonshire and other parts of England but among the susceptible coolie emigrants of India, is a strong believer in the utility of the onion in a dietary for consumptives. He not only regards them as inciters to appetite, but considers that the vegetable does really supply a substance that the weakened system demands.

It will thus be seen that the cook plays an important part in the crusade now being organised against this terrible disease, which certainly seems to be on the increase, not only in Europe, but all over the world. The doctor's present position appears to be an eminently reasonable one. As it is evident that the disease is of a wasting character, draining the system, it seems rational to suppose that the rabidness of the malady may better be combated if that waste is made good and the system strengthened. While by no means agreeing with the old idea of saturating the system with cod liver oil, there evidently is good reason to suppose that any rational method of adding to the adipose tissue of the individual attacked is a distinct gain.

(G. C. ROTHERY.)

---

## Diet for Eczema.

In a great many cases the cause of eczema is due to eating too much or else too little, and to eating unsuitable food. In over-eating the skin is called upon to eliminate waste products which according to an eminent doctors' view, are accumulated in the blood faster than they can be disposed of. In this way the glands of the skin are constantly overworked, and often a long time of irritation show the effects in an eruption. In this class of cases the most desirable remedy would be to reduce the quantity of food consumed, which should be restricted to very simple articles. In bad cases of eczema it is recommended that the diet be restricted to bread and milk. From two to two and a-half quarts of milk, with toast, dry biscuits or crackers, may be taken daily. For less pronounced cases, relief may be secured by avoiding for a time, such things as meat, pastry, and sweet dishes. In all cases where overeating or improper, *i.e.* unsuitable, food is attributed as the cause of the disease, meats and sweets are the harmful articles. Meat should not be indulged in more than once a day, and where fish is allowed, shell fish, salmon, mackerel, or herrings should not be eaten. Cereal preparations are recommended but those made of wheat or barley are preferable to oatmeal. Almost any of green vegetables, especially French beans, sprouts, spinach, lettuce, and green peas can be eaten freely, but potatoes, dried peas and beans, lentils, and the heavier vegetables should be avoided or only sparingly consumed. Tea and coffee are considered harmful unless taken with great modera-

tion. Any food that is causing disorder or retards the process of digestion must be strictly avoided by those troubled with eczema. Highly seasoned meats, and soups, spiced sauces, new bread, pastry, cakes, cheese, apples and bananas (unless cooked), cabbage, and tinned beef are also things to be rigidly avoided, but in most cases the articles to be eaten or avoided vary with the individual.

---

## Diet in Old Age.

The food for people who have passed the three decades must be so adapted as to suit their requirements, which is not the same as that for younger persons.

Fewer meals are necessary, and the amount of food taken at each should be reduced, while care is taken to have it of a light and easily digested character. Variety should be sought for, rather in the mode of cooking and the setting forth of the meals, than in the meals themselves. Special daintiness should mark the table or the tray put before an old person; carefulness of this sort will be worth all the stimulants and appetisers ever invented.

Whatever acts as an irritant to the stomach is to be avoided, as alcohol (except at such times as it is expressly prescribed), acids, strong condiments, and sauces.

Starchy foods, such as potatoes, must be eaten sparingly. Bread must be well baked and not eaten new—better still, toasted, as by so doing the starch is



converted into sugar, and thus partially digested. Cake if eaten by old people must not be new nor too rich—the plainer the better, for, to say the least, these delicacies are not good for them.

Well cooked oats and wheaten foods are excellent if eaten slowly, and with a little cream; they are especially suitable for supper, say an hour or so before bed-time. On the other hand, if not well cooked, there are few things more harmful to the digestive organs.

Meat must be well and plainly cooked—it is all the better for being minced small—but warmed up meat (twice cooked) should never be given to old people. Neither should they have anything fried in deep fat, or made up with rich sauces or gravies. Poultry, game, and fish are all more easily digested than meat, and are highly recommended. Fish is apt to be too stimulating, save in a small proportion.

Well fried potatoes and well cooked green vegetables are good, but roots and dried beans and peas are difficult of digestion. Vegetable soups and light meat broths are among the very best of foods for the old. Rich, thickened meat soups, creams, and purées are not considered so good.

Plain milk puddings, custard, simple blanc-mange and cream, eggs (soft cooked), and stewed fruits are most suitable; and a little ripe cheese, eaten with biscuits, is good too, but no pastry or rich puddings.

Particular stress is laid on simple soups, fish, poultry, and eggs as being essentially suitable diet. Tea, not too strong, and cocoa of a light kind are the best beverages.

## INDEX.

	PAGE
Albumen Water .. .. .	79
Albumenized Milk .. .. .	74
Almond Restorative .. .. .	80
"    Sponge (Baked), Diabetic .. .. .	100
Alum Whey .. .. .	75
Apple and Custard .. .. .	61
Appleade ... .. .	80
Apple Water .. .. .	82
Arrowroot Charlotte .. .. .	55
"    and Black Currant Drink .. .. .	82
"    Cup .. .. .	67
"    Soufflé (Baked) .. .. .	55
Artichokes stewed in White Sauce .. .. .	44
Barley Custard Pudding .. .. .	52
"    Milk .. .. .	75
"    Water .. .. .	75
Beef Essence .. .. .	20
"    Juice .. .. .	20
"    Tea, Iced .. .. .	15
"    "    Peptonized .. .. .	86
"    "    with Oatmeal .. .. .	20
"    "    Jelly .. .. .	20
"    "    "    Peptonized .. .. .	87
"    Teas, Notes on .. .. .	14
Beefsteak Balls .. .. .	36
Benger's Food .. .. .	85
Biscuits, Diabetic .. .. .	103
Blanc-mange .. .. .	63
Bran Tea .. .. .	72
Bread Pulp .. .. .	84
"    and Milk .. .. .	67
"    Notes on .. .. .	94
"    Sauce .. .. .	31
"    Diabetic .. .. .	102
Broiled Breast of Grouse or Partridge .. .. .	35
Broth à la Minute .. .. .	16
Brussels Sprouts .. .. .	44
Calfsfoot Jelly and Champagne .. .. .	85
Cauliflower au Gratin .. .. .	43

	PAGE
Chicken, Boiled .. .. .	31
„ Broth .. .. .	18
„ „ (another way) .. .. .	19
„ Cream .. .. .	32
„ Croquettes .. .. .	32
„ Cup with Egg .. .. .	17
„ Fillets with Oysters .. .. .	35
„ Fricassee of .. .. .	32
„ Panada .. .. .	33
„ Ramakins .. .. .	34
„ Roast .. .. .	29
Chocolate, How to Make .. .. .	83
Chop, Grilled .. .. .	39
„ Steamed .. .. .	40
Cocoa How to Make .. .. .	82
„ Jelly .. .. .	62
Cocoanut Cakes, Diabetic .. .. .	103
Coffee, How to Make .. .. .	84
„ and Egg .. .. .	72
Consumptives, Diet for .. .. .	107
Corn Tea .. .. .	72
Cornflour Cake .. .. .	70
Corpulency, Diet for .. .. .	89
Custard, Nourishing .. .. .	50
„ Pudding .. .. .	53
„ Savoury Diabetic .. .. .	101
„ Sweet Diabetic .. .. .	101
Diabetic Foods .. .. .	93
Diet in Sickness .. .. .	7
„ for the Gouty .. .. .	104
„ for the Aged .. .. .	113
Drinks for Invalids .. .. .	71
Eczema, Diet for .. .. .	112
Eel en Matelotte .. .. .	26
„ Stewed with Parsley Sauce .. .. .	24
Egg Broth .. .. .	78
„ and Cold Milk .. .. .	47
„ Cheese Toast .. .. .	50
„ Flip .. .. .	73
„ Jelly .. .. .	63
„ „ Diabetic .. .. .	102
„ Lemonade .. .. .	78
„ Nog, Cold or Hot .. .. .	81
„ on Toast, Poached .. .. .	48
„ „ Triscuit „ .. .. .	49

	PAGE
Egg Sandwiches, Yolk of .. .. .	41
„ Sauce .. .. .	31
„ Silky (Drink) .. .. .	85
„ Tea .. .. .	74
„ Water .. .. .	78
„ White of .. .. .	47
„ Whisked White of .. .. .	85
„ White of, with Milk .. .. .	71
„ Wine .. .. .	73
„ with Meat Extract .. .. .	48
Eggs, Buttered .. .. .	51
„ Coddled .. .. .	47
„ Dietetic Value of .. .. .	46
„ Poached in Milk .. .. .	48
„ Raw .. .. .	46
„ Scrambled .. .. .	49
Favourite Broth .. .. .	19
Fig Jelly .. .. .	61
Fillip, A Nourishing .. .. .	72
Fish Cakes .. .. .	22
„ Eggs, Scrambled .. .. .	29
„ Fricassee of .. .. .	24
„ Pudding .. .. .	22
„ Pudding, Light .. .. .	27
„ Quenelles .. .. .	28
„ Soufflé .. .. .	23
„ Stock .. .. .	28
Flax-Seed Lemonade .. .. .	79
Florador Pudding .. .. .	56
Friar's Omelet .. .. .	57
Ground Malt Pudding .. .. .	54
Grouse, Boiled Breast of .. .. .	35
Gravy .. .. .	30
Gruel .. .. .	65
„ Arrowroot .. .. .	66
„ Cracknel .. .. .	65
„ A Nourishing .. .. .	66
„ Peptonized .. .. .	88
„ Flour .. .. .	66
Gum Arabic Drink .. .. .	79
Haddock (Fresh) Grilled with Tomatoes .. .. .	25
Hominy Pudding .. .. .	54

						PAGE
Iced Drink .. .. .	..	..	..	..	..	81
Imitation Oat Cakes, Diabetic..	..	..	..	..	..	103
Invalid Cakes, Light .. .. .	..	..	..	..	..	70
Invalid's Fruit Pie .. .. .	..	..	..	..	..	55
"    Toast .. .. .	..	..	..	..	..	49
Irish Moss Blanc-Mange .. .. .	..	..	..	..	..	64
"    "    Drink .. .. .	..	..	..	..	..	79
Jam Sandwich .. .. .	..	..	..	..	..	69
Junket .. .. .	..	..	..	..	..	65
"    Diabetic .. .. .	..	..	..	..	..	101
Koumiss .. .. .	..	..	..	..	..	77
Lait de Poule .. .. .	..	..	..	..	..	76
Lemon Sponge .. .. .	..	..	..	..	..	63
"    Jelly .. .. .	..	..	..	..	..	60
"    Whey .. .. .	..	..	..	..	..	74
Lemonade.. .. .	..	..	..	..	..	77
"    with Egg .. .. .	..	..	..	..	..	78
Liebig Stimulant.. .. .	..	..	..	..	..	76
Linseed Drink .. .. .	..	..	..	..	..	81
"    Tea .. .. .	..	..	..	..	..	80
Maître d'Hôtel Butter .. .. .	..	..	..	..	..	39
"    "    Sauce .. .. .	..	..	..	..	..	28
Milk Jelly.. .. .	..	..	..	..	..	59
"    "    Diabetic .. .. .	..	..	..	..	..	101
"    Notes on .. .. .	..	..	..	..	..	13
"    Peptonized.. .. .	..	..	..	..	..	87
"    Posset .. .. .	..	..	..	..	..	73
"    Punch .. .. .	..	..	..	..	..	81
"    Puddings .. .. .	..	..	..	..	..	52
"    with Sago .. .. .	..	..	..	..	..	85
Mulled Wine .. .. .	..	..	..	..	..	80
Mutton Broth .. .. .	..	..	..	..	..	16
"    or Lamb, Stewed .. .. .	..	..	..	..	..	40
"    Essence of .. .. .	..	..	..	..	..	18
"    Juice .. .. .	..	..	..	..	..	18
"    Minced .. .. .	..	..	..	..	..	40
"    Sandwiches .. .. .	..	..	..	..	..	41
Nutriments in Food .. .. .	..	..	..	..	..	10

Oatmeal Tea .. .. .	76
Omelet, Plain .. .. .	51
" Savoury .. .. .	51
" Sweet .. .. .	57
Orangeade .. .. .	77
Oyster Broth .. .. .	21
Oysters, Stewed .. .. .	21
Partridge, Stewed .. .. .	33
Patent Foods, Notes on .. .. .	11
Peptonized Foods .. .. .	86
Plaice, Fried Fillet .. .. .	23
Plasmon Cabinet Pudding .. .. .	58
" Cream .. .. .	58
Poached Eggs .. .. .	48
Porridge, Milk .. .. .	66
Port Wine Jelly .. .. .	62
Potato Croquette .. .. .	42
" Straws .. .. .	41
Potatoes au Gratin .. .. .	43
" to Cook .. .. .	41
Prune Jelly .. .. .	61
Quail on Toast .. .. .	35
Rabbit, Cream of .. .. .	37
Raisin Tea .. .. .	83
Rice Coffee .. .. .	72
" Soup .. .. .	21
" Water .. .. .	76
Sandwiches, Raw Beef .. .. .	41
" Yolk of Egg .. .. .	41
Sauce for Eel .. .. .	25
Sautéed Potatoes .. .. .	43
Savoury Soufflé, Diabetic .. .. .	100
Scones, Milk .. .. .	68
" Scotch Breakfast .. .. .	70
Scotch Collops .. .. .	38
Seasoning, Notes on .. .. .	12
Semolina Cream .. .. .	64
Sole, Fried .. .. .	21
" Grilled .. .. .	26
" Maître d'Hôtel .. .. .	27
" Steamed .. .. .	27
Soufflé Omelette .. .. .	58
Soups and Broths, Notes on .. .. .	13

	PAGE
Soups, Peptonized .. .. .	88
„ Thick Diabetic .. .. .	99
Specimen Meals .. .. .	106
Spinach .. .. .	45
Sponge Cake .. .. .	68
„ Fingers .. .. .	85
Stock for Gravy .. .. .	30
Strengthening Jelly .. .. .	61
Suet Dumpling, Savoury .. .. .	34
„ Pudding .. .. .	53
Sundry Preparations .. .. .	84
Sustaining Drink .. .. .	71
Sweetbread, Fried .. .. .	38
„ with White Sauce .. .. .	38
Swiss Roll .. .. .	69
Syllabub .. .. .	78
 Tamarind Water .. .. .	 82
Tapioca Pudding .. .. .	53
Tea, How to Make .. .. .	83
Toast Water .. .. .	79
Tomatoes, Baked .. .. .	45
Tripe, Stewed .. .. .	36
 Vanilla Soufflé .. .. .	 56
„ „ Diabetic .. .. .	100
Veal Broth with Barley or Sago .. .. .	17
„ Quenelles .. .. .	37
 Whiting with White Sauce (Boiled) .. .. .	 23
Wine Jelly .. .. .	60
„ Mulled .. .. .	80
„ Whey .. .. .	74



# NOURISHING DISHES

¶ One little two ounce jar of Lemco contains the essence of about five pounds of butcher's beef—it will make sixteen breakfast cups of most delicious, strengthening bouillon.

¶ It improves the flavour, enriches the nutriment and increases the digestibility of all meats and gravies—it quickly transforms cold sundries into dainty and appetising dishes.

¶ Lemco is the most concentrated form of beef known—that is why it goes further than any other beef essence, and that is why it is by far the most economical.

¶ Lemco is used by the leading chefs of the world. Francatelli—chef to the late Queen Victoria—extolled Lemco as the finest stock. The purity of every ounce is guaranteed.

# Lemco

A Lady writes—

"I always keep Lemco in the house, I can make such tasty dishes with the help of it—it is so nourishing too."



Another User writes—

"Mrs. — finds Lemco better than anything of the kind—most economical—and a great relish for invalids."

*Insist on "Lemco," which is the original and only genuine Liebig Company's Extract of Beef—don't ask for Liebig's Extract.*

LEMCO, 4, Lloyds Avenue, London, E.C.

# THE CULINARY LIBRARY

## STANDARD BOOKS ON COOKERY AND CATERING.

By C. HERMAN SENN, G.C.A.

(Prices given are Net.)

- The "New Century" Cookery Book.** Enlarged Edition. Containing over 5,000 recipes of Dishes and Methods of Cooking, with over 400 illustrations. It forms one of the largest and most complete collections of cooking recipes for *recherché* dishes ever produced in this country. Every up-to-date Chef and Caterer should possess a copy. Edition de Luxe 33s. . . . . 21/-
- Recherche Entrees.** This lately published book, of over 258 pages, contains a collection of the newest dishes, presenting the latest ideas of the highest type of Continental and English cookery . . . . . 3/6
- Recherche Side Dishes.** Fifth Enlarged and Revised Edition, now ready. A handy book of recipes for dainty Hors-d'Œuvre, Savouries, Salads, and Sandwiches, containing about 600 reliable recipes . . . . . 3/6
- Savoury Breakfast, Dinner, and Supper Dishes.** A collection of some 500 useful and novel recipes of Dishes suitable for Breakfast, Luncheon and Supper, also Hors-d'Œuvre after-dinner savouries, etc. . . . . 3/6
- Manual for Diabetic Diet and Cookery.** A carefully prepared guide book for the preparation of sugarless and starchless foods suited for Diabetics . . . . . 2/6
- Recherche Luncheon and Dinner Sweets.** The latest book on Sweet Entremets, hot and cold dishes for all occasions. Beautifully illustrated . . . . . 2/6
- A Dictionary of Foods and Culinary Encyclopædia.** A vocabulary of technical terms, the names of foods, cooking auxiliaries, condiments, and beverages. Specially adapted for Chefs, Hotel and Restaurant Managers, Cookery Teachers, etc. . . . . 2/-
- Ices, and How to Make Them.** A new treatise on Plain and Fancy Ices, Cream and Water Ices, Ice Puddings, Souffles, Sorbets, Mousses, Cooling Cups, Iced Drinks, etc., etc. New 3rd Edition . . . . . 2/-
- Meatless Fare and Lenten Cookery.** A collection of reliable Recipes for hundreds of Fish Dishes, Vegetarian Dishes, Farina-cous and other meatless plats . . . . . 1/6

- Home-made Beverages and American Drinks.** By M. E. STEEDMAN. Paper cover, 1/-; Cloth Bound, 1/6 . . . . . 1/6
- A Book of Salads; or the Art of Salad Dressing.** By A. SUZANNE and C. H. S. This Book contains Recipes for Green Salads, Vegetable Salads, Fish Salads, Poultry and Game Salads, Meat Salads, and Fruit Salads. Salad Dressing and Sauces . . . . . 1/6
- Potato Cookery.** By A. SUZANNE and C. HERMAN SENN. 300 ways of cooking and serving potatoes for table. *Now ready* . . . . . 1/6
- Hords-d'Œuvres and Sandwiches.** Part I. of Side Dishes, giving recipes of all the latest dishes *Now ready* . . . . . 1/6
- Chafing Dish and Casserole Cookery.** A neatly got-up little book, dealing with the above subjects, which are coming rapidly back to popularity. This manual is full of excellent recipes and practical advice, to suit everyone's taste and pocket . . . . . 1/6
- Eggs and Omelets; How to Cook Them in 250 Different Ways.** Every imaginable method of cooking and serving eggs for table is carefully and lucidly treated in this handy volume . . . . . 1/6
- Cookery for Invalids and the Convalescent.** A collection of valuable recipes, useful in the preparation of tempting dishes and drinks for the sick and convalescents . . . . . 1/6
- The Practical Cookery Manual.** A family Cook-Book compiled on popular lines to meet the present-day requirements. Some 400 recipes of Plain and Middle-class Cooking. Fifth edition now ready.
- Cooking in Stoneware.** A handbook giving full directions for cooking food in earthenware pans or casseroles. *Now ready* . . . . . 6d.
- The Popular Cookery Book: French and English Dishes for Small Households** . . . . . 6d.
- Popular Breakfast Dishes & Savouries** . . . . . 6d.

*Any of the above-mentioned Works may be obtained from Booksellers or the*

## FOOD AND COOKERY PUBLISHING AGENCY

329, Vauxhall Bridge Road,

Victoria Station, London, S.W.

Remittances must in every case accompany orders. Cheques and Postal Orders should be crossed and made payable to the Manager.

***Illustrated Booklet of Standard Books for Cooks and Caterers sent post free on application.***

# **SPECIALITIES FOR INVALIDS.**

---

## **Up-to-date Diabetic Foods**

---

---

**Biogene**

**Biogene Wafers**

**Biogene Biscuits**

**Biogene Chocolate.**

**Casein Bread**

**Casein Meal Bread**

**Casein Fingers**

**Casein Rusks.**

**Gluten Bread**

*(prepared by our Up-to-Date process)*

**Gluten Biscuits**

**Gluten Cressini**

**Gluten Rusks.**

**Afternoon Tea Biscuits**

**Pound Cakes**

**Sponge Cakes**

**Shortbread.**

**Sugarless Marmalade**

**Sugarless Jams**

**Sugarless Chocolates.**

---

*All these goods are free from starch and sugar.*

*Catalogues sent free on application.*

---

---

**BONTHRON & CO.,**

**(Food Specialists)**

**50 and 52, Glasshouse St., Regent St., W.**





RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 202

Microfilm No:

Date	Particulars
21/7/57	Chemical Treatment
	Fumigation
	Deacidification 2 1/2 hours
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks



